



## An Overview on Breast Reconstruction: Its Advantages and Disadvantages

Jhonathan Lam\*

Department of Pathology and Laboratory Medicine, KK Women's and Children's Hospital, Bukit Timah, Singapore

\*Corresponding author: Jhonathan Lam, Department of Pathology and Laboratory Medicine, KK Women's and Children's Hospital, Bukit Timah, Singapore; E-mail: lam.jhonathan@singhealth.com.sg

Received date: 03 February, 2023, Manuscript No. JPSC-23-95397;

Editor assigned date: 06 February, 2023, PreQC No. JPSC-23-95397 (PQ);

Reviewed date: 20 February, 2023, QC No JPSC-23-95397;

Revised date: 27 February, 2023, Manuscript No. JPSC-23-95397 (R);

Published date: 07 March, 2023 DOI: 10.4172/JPSC.100044.

### Description

Breast reconstruction is a surgical procedure that aims to recreate the shape and appearance of a breast that has been partially or completely removed due to cancer or other medical conditions. Breast reconstruction can be performed either at the same time as a mastectomy or later as a separate procedure. The goal of breast reconstruction is not only to restore the physical appearance of the breast but also to help women regain their confidence, self-esteem, and quality of life.

### Types of breast reconstruction

There are several types of breast reconstruction techniques, each with its own advantages and disadvantages. The most common techniques include:

**Implant-based reconstruction:** This involves the use of saline or silicone implants to recreate the shape and size of the breast. This technique is relatively simple and quick to perform, and can be completed in one or two stages. However, implants may need to be replaced over time, and the reconstructed breast may not look or feel as natural as a real breast.

**Autologous tissue reconstruction:** This involves using tissue from other parts of the patient's body, such as the abdomen, back, or buttocks, to recreate the breast. The tissue is usually taken as a flap, which means it is moved from one area of the body to the chest area and then shaped to create a new breast.

**Hybrid reconstruction:** This involves combining both implant-based and autologous tissue techniques to create the breast. This

technique may be recommended for women who do not have enough tissue in their own body to create a breast using autologous tissue alone.

**Nipple and areola reconstruction:** This is a separate procedure that can be performed after the breast reconstruction surgery. The nipple and areola can be recreated using tissue from the reconstructed breast or by tattooing.

### Factors to consider before breast reconstruction

Before undergoing breast reconstruction surgery, there are several factors that women need to consider. These include:

**The stage of the breast cancer:** Women who are diagnosed with breast cancer need to discuss with their doctor whether they need a mastectomy or a lumpectomy. In some cases, a lumpectomy may be a better option than a mastectomy, which can make it easier to preserve the breast tissue and avoid the need for reconstruction.

**The type of breast reconstruction:** Women need to discuss with their surgeon the different types of breast reconstruction techniques available, and which one is best for their particular situation. The decision will depend on the patient's individual needs, body type, and medical history.

**The timing of the surgery:** Breast reconstruction can be performed either at the same time as a mastectomy or later as a separate procedure. Women need to discuss with their surgeon the pros and cons of each option and decide which one is best for their individual needs.

**The potential risks and complications:** Like any surgery, breast reconstruction carries some risks and potential complications, such as infection, bleeding, or complications with anesthesia. Women need to discuss these risks with their surgeon before deciding to undergo the surgery.

**The impact on the patient's emotional well-being:** Breast reconstruction can have a significant impact on a woman's emotional well-being, self-esteem, and quality of life. Women need to discuss their expectations and concerns with their surgeon and consider seeking counselling or support groups to help them cope with the emotional challenges of breast reconstruction.

### Conclusion

Breast reconstruction can be an important part of a woman's recovery from breast cancer or other medical conditions that require the removal of the breast. The decision to undergo breast reconstruction is a personal one, and women need to carefully consider all the factors involved before deciding to proceed with the surgery.

**Citation:** Lam J (2023) An Overview on Breast Reconstruction: Its Advantages and Disadvantages. J Pls Sur Cos 12:1.