

Questions to ask about your breast surgery



These questions are designed to support you to get the most out of your appointments with breast or plastic surgeons:

1. Can I use meditation to manage my risk of breast cancer?
2. What are the different surgical options I can consider after a mastectomy?
3. Are there circumstances when I would not be suitable for a particular surgery?
4. What surgical options can you perform?
5. How many surgeries are needed for the surgery I've chosen?
6. How many times have you performed the surgery I have chosen, and do you have any photos you can show me?
7. What kind of anaesthesia will I have and how long does the surgery take?
8. Will I have surgical drains and how long might they be in for?
9. Will there be any sutures to remove after surgery?
10. What does a normal recovery look like in terms of pain?
11. How much time off work is usually needed for recovery?
12. When should I start physiotherapy and exercise?
13. What will my lifting restrictions be?
14. What kind of complications can occur with this type of surgery?
15. What can I do to minimise the scarring?
16. What costs will I incur for your services both in and out of hospital?
17. What if I'm not satisfied with the results?
18. How many years do breast implants last?
19. If I have expanders, will I wake up with breasts – if so what size?
20. How many times do you fill the expanders and how much is put in each time?
21. How long will it take between the first mastectomy surgery (when expanders are put in) and the exchange surgery (when the implants are put in)?
22. Will I have drains with the exchange surgery?
23. With autologous surgery (where I am using my own tissue), what is the recovery time and what will the scars look like?
24. What are the different options for autologous surgery?
25. How do I know which option is right for me?
26. What sort of breast screening should I do after a mastectomy?