Is Breast Reconstruction Right for Me?

Consider your overall health and other personal factors

Note: Such as the stage of your breast cancer, age, lifestyle and body type

Speak with your doctor or a plastic surgeon about the best options for your unique situation, and consider talking to other women who have had breast reconstruction

Speak with women who have and haven’t had reconstructive surgery

Note: Ask them how they feel about their outcomes—if they are willing, they may share photos to show you the end results they had

After talking with other women and your doctor and weighing your health and personal factors, are you:

Open to having breast reconstruction?

Some women get reconstructive surgery because they want to

- Re-create the symmetry of their breasts
- Have their past breast shape and form
- Avoid using a breast prosthesis

Who can get breast reconstruction?

**CAN:**
Most women who had mastectomy

**MAY NOT BE ELIGIBLE:**
Women who had a lumpectomy, because a lumpectomy only removes part of the breast

Try going breast-free

Open to waiting to have reconstructive surgery?

Try using a breast prosthesis, an artificial breast form worn under your clothing to mimic the look of the breast(s) removed in mastectomy

Reconsider reconstruction after you’ve had time to think and recover

Note: Ask your doctor if delaying reconstruction is possible for you

Factors to Help You with Your Breast Reconstruction Decision

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LIVING BEYOND BREAST CANCER

Learn more at lbbc.org/learn/breastreconstruction lbbc.org/letstalkbreastreconstruction