

Breast Reconstruction - Different Types of Procedures

Breast Reconstruction - Different Types of Procedures Considering breast reconstruction is a very emotional thing. Needing reconstruction, for whatever reason can be traumatic for any woman. Knowing your options when it comes to regaining the appearance you are used to is very important. There are a few different options out there and your doctor can help you decide which is best for you. Boob reconstruction is an emotional experience for many women. When going in for a consultation, you will be presented with a lot of information about the different types of procedures available. There are three main types of surgeries and the option that is chosen is dependent on the outcome you desire and the current state of your breasts. A first option is called a natural tissue flap. In this procedure, skin, fat and oftentimes muscle is taken from a different site on the body. There are many places available from which to take from (the abdomen, the buttocks, the back, etc...) and the idea is that you're using your own skin to create a new breast. There are two ways to do this. The more common one is to completely remove a section, including the blood vessels, and to attach it to the chest and to attach the removed blood vessels to the vessels in the chest. This creates blood flow and keeps the new breast alive. The second way is to leave a portion of the flap attached to the original site, thus leaving the natural blood source. Both ways work and it will mostly depend on what you are more comfortable with and which area your doctor has more experience in. A second option is called a DIEP flap. It means deep inferior epigastric perforator. While that sounds confusing, it isn't. It is very similar to the previous option, but with this option only skin and fat (not muscle) are removed from the abdomen area and are formed into a boob and reconnected at the chest area. This is an appealing option because there is no muscle weakness or rehabilitation. However, sometimes you will have to go back in to restore blood circulation. A third option is very traditional: an implant. While many women feel that they don't want something unnatural in their bodies, an implant is really able to be designed and shaped according to your exact desires and body shape. It also requires no incision on any other body part and no reconnecting of blood vessels or anything. For this to work, a tissue-expander will be inserted into the chest and will be slowly filled, over the course of about two months, with salt water. This will naturally stretch the skin and create room for an implant. After everything is where it should be, the implant is placed in the skin and the incision is closed. There are risks with all options and everything should be discussed with your doctor at length. He or she will help you to make the best decision regarding your body and will be able to guide you through the process. Whichever one you choose, you are on your way to having your womanly shape restored.

About the Author

In [Reading, breast reconstruction](#) experts offer their patients a number of aesthetic procedures that aim to improve upon their natural features and provide more proportionate body contours. To know more, visit <http://www.berksplasticsurgery.com>

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