

Comparing types of breast reconstruction

	Implant	LD (latissimus dorsi) flap – back flap	TRAM	DIEP or SIEA	SGAP or IGAP	TMG or TUG
Implant or not?	Yes	Implant can be used behind the flap	Implant not generally used	Implant not generally used	Implant not generally used	Implant not generally used
Scars	Scar on breast only. Possible circular scar around pigmented/darker area of skin near nipple (areola), either side of nipple or an inverted T-shaped scar under breast	Scar on back near bra-strap line. If skin-sparing mastectomy, there may be a circular scar around where the nipple was	Bikini-line scar. If skin-sparing mastectomy, there may be a circular scar around where the nipple was	Bikini-line scar. If skin-sparing mastectomy, there may be a circular scar around where the nipple was	Scar on buttocks and on breast	Scar in fold of groin and runs to fold of buttock area. Scar on breast
Effects on muscles	Not much change	Shoulder/back weakness	Risk of abdominal muscle weakness	No muscle removed	No muscle removed	Small strip of muscle removed but normally with little muscle weakness
Sensation in breast after surgery	Little or none	Little or none	Little or none	Little or none	Little or none	Little or none
Approx length of surgery	1-3 hours	3-5 hours	4-6 hours	4-8 hours	4-8 hours	4-8 hours
Average hospital stay	1-3 days	2-7 days	3-7 days	3-7 days	3-7 days	3-7 days
Approx recovery time	6-8 weeks	6-12 weeks	6-12 weeks	6-12 weeks	6-12 weeks	6-12 weeks
Considerations	May not be suitable for large drooping breasts. Suitable if no excess tissue available for other types of reconstruction. May need further surgery in future to change implants	May not be suitable if you regularly swim, climb, row, play tennis or golf	Need to be in good health. May not be suitable if you are very slim, have abdominal scars, are diabetic, overweight or smoke	Need to be in good health. May not be suitable if you are very slim, have abdominal scars, are diabetic, overweight or smoke	May be suitable if tissue can't be taken from tummy area. May not be suitable if you are diabetic, overweight or smoke	May be suitable if tissue can't be taken from tummy area. May not be suitable if you are diabetic, overweight or smoke