FOR THE BREAST OF US
ALL MELANIN. ALL MOXIE. ALL TOGETHER

MENTOR®
Own The Day™

For the Breast of Us is an inclusive breast cancer community for women of color.

Our mission is to empower women of color affected by breast cancer to make the rest of their lives the best of their lives through education, advocacy and community.

– Jasmine Souers & Marissa Thomas
Founders of For the Breast of Us
Breast Cancer Survivors

Discussing Your Reconstruction Options

Discussing breast reconstruction with your plastic surgeon should be an empowering experience!

Here you will find a list of some considerations to help you and your surgeon create the best treatment plan for your personal journey.

Medical Considerations

- How is breast reconstruction coordinated with cancer treatment?
- What are the approaches for mastectomy?
- Can I have a mammogram after reconstruction?
- Will physical therapy be part of my post-operative recovery?

Lifestyle Considerations

- How will my level of activity affect my reconstructed breasts?
- Will I have any sensation in my reconstructed breasts?
- How long will the recovery process take?

Aesthetic Considerations

- Do you have before-and-after photos I can look at?
- Will my breasts be symmetric?
- Where will my scars be?

@forthebreastofus https://breastofus.com/

Mentor is proud to support patient advocacy organizations to further awareness, education, support and inspiration amongst breast cancer patients and survivors.

@breastimplantsbymentor

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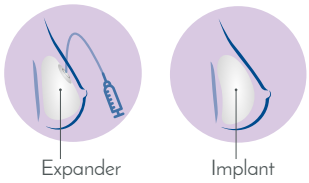
Breast Reconstruction Options

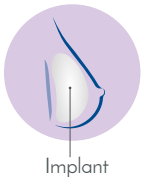
Whether embarking on your breast reconstruction journey at the time of your mastectomy (**immediate**) or sometime after (**delayed**), you and your surgeon will discuss the best options for you.



Pathway 1: Two Stage Reconstruction

IMMEDIATE OR DELAYED

Two-stage reconstruction begins with the placement of tissue expanders. You will meet with your plastic surgeon on a regular basis to fill the expander with sterile saline solution to gradually create your breast pocket. The expander is then replaced by a breast implant. This procedure allows for the most flexibility in shaping the breast.



Pathway 2: Single Stage Reconstruction (or Direct to Implant)

IMMEDIATE

Single-stage reconstruction is when your surgeon places a breast implant immediately after your mastectomy. Sometimes, a direct to implant patient may decide to have a revision procedure sometime later to obtain the size breast she wants.

Pathway 3: Autologous (or Autogenous) Reconstruction

Autologous reconstruction (sometimes called autogenous reconstruction) uses tissue — skin, fat, and sometimes muscle — from another place on your body to form a breast shape. The tissue (called a "flap") usually comes from the belly, the back, buttocks, or inner thighs to create the reconstructed breast.

Pathway 4: Aesthetic Flat Closure

Aesthetic flat closure is post-mastectomy chest wall reconstruction. After the mastectomy to remove the breast tissue, additional work is often required to smooth out any lumps and bumps and trim any excess skin to restore an optimal chest wall contour with a clean symmetric incision closure. This can often be done at the time of the mastectomy.