

There are several different breast reconstruction techniques that Dr Cheung performs and each patient will be assessed to tailor your reconstruction depending on your condition, your body shape and physical fitness and various other factors.

Many of Dr Cheung's patients have their reconstruction surgery performed at the time of mastectomy, which can limit the need for a second major surgery.

There are occasions however, where immediate breast reconstruction surgery may be delayed due to radiation therapy or in some high risk situations and Dr Cheung will advise on the best course of treatment prior to surgery.

The aim of breast reconstruction is to do away with the need of wearing an external prostheses by creating a pair of natural looking breasts that can help improve a woman's self image, confidence and quality of life.

As with any surgery, there are advantages and disadvantages which Dr Cheung will be more than happy to address.

The national breast cancer rate of breast reconstruction in Australia is 12%.

Dr Cheung advocates the principles of immediate breast reconstruction as an option to her patients planning for mastectomy. Breast reconstruction is accepted by 84% of patients when given the option of immediate reconstruction.

Lipofilling

Lipofilling or fat grafting is a procedure used to reshape your breasts by modifying the shape, increasing the volume and profile of your breasts through the transfer of fat cells from one part of your body to another.

Breast reconstruction using lipofilling can improve defects, symmetry, volume and refine your breasts soft tissue and the for correction of scarring.

Breast Symmetry

Breast symmetry can occur without a reason as part of your development or it can occur as part of a breast cancer surgery.

Particularly, many years after radiotherapy, patients often notice that the treated breast is a lot smaller and sits higher than the other breast. Sometimes where reconstruction surgery has been performed a few years ago and due to body weight changes, certain adjustments may need to be made to avoid lopsidedness.

Areola and Nipple Reconstructions

Areola and Nipple reconstructions are usually performed following a mastectomy and is often the final step in breast reconstruction for providing aesthetically pleasing breasts.

This procedure conserves breast skin including nipples, thus creating a superior aesthetic outcome.

Breast reconstruction surgery may be covered by Medicare and by your private health fund depending on your level of cover. Dr Cheung will advise you of your eligibility during your consultation.

Payment plans and finance options are also available. Please discuss this at the time of your consultation with Dr Cheung.

Practice Locations

For Information or Appointments

Sydney

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(02) 8316 8888*

Nepean

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Breast Reconstruction

BreastCare
CLINIC

Your BreastCare Journey

Many women feel that their breasts are a defining factor to their identity and physique.

Where there is cause for concern with your health, particularly with breast cancer and breast disease, a woman may feel that her identity is being taken away and that her image will be forever changed with the possibility of losing one or both of her breasts.

Often a diagnosis of breast cancer can be very sudden and you are faced with lifesaving surgery that could alter the way that your body will look. This can leave you feeling scared, anxious and uncertain.

At the BreastCare Clinic, Dr Deborah Cheung, a Specialist Breast Surgeon with over 15 years of experience, is committed to the cure, treatment, prevention and education of breast cancer. Dr Cheung will ensure that the most appropriate treatment is given, using the most up to date reconstructive techniques and taking into consideration your unique condition, health and needs, will provide you with a range of breast reconstruction options that will lead to optimal survival and where possible, natural looking cosmetic outcomes.



"My BreastCare Clinic's personalised approach employs the most sophisticated, safest and proven methods to gain the best possible outcome for your individual situation."

Dr Deborah Cheung

This short patient information pamphlet is aimed at helping you understand your breast reconstruction options following a mastectomy and to help you make the best decision for you on your breast health journey.

Lumpectomy or Wide Local Excision

A lumpectomy or wide local excision allows for only the lump to be removed with an adequate margin of surrounding tissue. This technique is recommended in selected cases with early small breast cancer and is carried out to ensure the best cosmetic outcome.

Lumpectomy with radiotherapy has been proven to be as effective as mastectomy in reducing risk of cancer recurrence.

Mastectomy

Dr Cheung performs three different types of mastectomy surgeries in the treatment of breast cancer and will discuss which options of mastectomy, either immediate or delayed reconstruction, is best for you. Dependent on the type, size and status of the lymph node involvement of the tumour, radiation therapy may be less likely after a mastectomy.

- **Simple Mastectomy**

This involves the removal of skin, nipple and breast tissue, resulting in a scar across the chest wall. This procedure is tolerated by the majority of patients with minimal risk. This option allows for you to wear a prosthesis in your bra.

- **Skin Sparring Mastectomy**

This involves the removal of the areola and nipple but a skin envelope is left behind for a better coverage of reconstruction with autologous flap or implant.

- **Nipple Sparing/Total Skin Sparring Mastectomy**

This involves excising the breast tissue leaving behind a skin envelope and areola with nipple. This technique allows for better cosmesis in selected cases and has been shown to be safe in breast cancer patients with no significant increase risk of cancer recurrence.

Dr Cheng presented on of the first personal series of nipple sparing mastectomies in Australia, confirming the safety and immense patient satisfaction of this technique.

Oncoplastic Breast Surgery

Oncoplastic surgery is a combination of cancer surgery with traditional plastic surgery techniques to, where possible, remove breast cancers and leave the remaining breast intact, helping to achieve the best oncological and aesthetic breast appearance after surgery, improve quality of life and body image.

This may include reshaping of the breast after lumpectomy and immediate reconstruction after mastectomy. It helps to preserve breast shape and helps avoid depressions or dents following cancer removal.

Oncoplastic breast surgery can also be combined with surgery to the other breast to achieve symmetry, whether by breast reductions or breast lifts and can also include the use of implants.

Dr Cheung's re-excision rates from this approach is exceedingly low and her patients are often amazed with the lack of discomfort and the improved size and shape of their new breasts.

Dr Cheung and her multidisciplinary team utilize the latest techniques and advanced technologies to deliver the best possible outcomes for you.

Breast Reconstruction

Dr Cheung is a strong proponent of immediate breast reconstruction and understands that mitigating the physical impact of breast cancer surgery has an immense positive effect on how a person copes with their cancer treatment. With the era of neoadjuvant chemotherapy (chemotherapy to shrink tumours) we have less and less reasons why we cannot offer patients immediate breast reconstruction.

Reconstruction is used to help rebuild a woman's breast following a mastectomy. Dr Cheung will go through in detail the various options of mastectomies and breast reconstruction that she performs from total skin sparing approaches including reconstruction using your own tissue and the use of different types of implants, lipofilling just to name a few.