

Reconstruction decision worksheet

Reconstruction is a large set of decisions, often time-pressured. *Use this to organize what you know, what you're weighing, and what you still need to ask.*

OPTIONS I'M CONSIDERING

OPTION A (E.G., IMPLANT IMMEDIATE)

OPTION B (E.G., DIEP FLAP)

OPTION C (E.G., DELAYED RECONSTRUCTION)

OPTION D (E.G., GOING FLAT / NO RECONSTRUCTION)

QUESTIONS FOR THE PLASTIC SURGEON

1. What's the expected look and feel for each option?

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2. How many surgeries does each option require?

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3. What is the recovery time for each?

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4. What are the long-term risks (capsular contracture, flap failure, etc.)?

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5. Will radiation affect the timing or option?

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6. Can I see before/after photos of the surgeon's work?

7. What does each option cost out-of-pocket?

WHAT MATTERS MOST TO ME

PRIORITIES (LOOK, SIMPLICITY, RECOVERY TIME, ETC.)

CONCERNS OR FEARS

WHAT I'M LEANING TOWARD AND WHY

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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