

Breast Reconstruction



Plastic and Reconstructive Surgery

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Breast Reconstruction at Stanford Health Care

Stanford Health Care's plastic surgery team provides exceptional expertise in breast reconstruction, whether at the time of a lumpectomy or mastectomy, after other therapy, or post-cancer therapy to treat the sequela of cancer surgery. We accept referrals from all physicians seeking excellent options for their patients' recovery, with a care coordination process that ensures continuous care.

Our reconstructive surgeons provide a wide range of innovative breast reconstruction techniques using implants or autologous tissue. Due to our nature of being a high-volume center and instituting enhanced recovery after surgery (ERAS) pathways, patients return home sooner than in many programs for a more comfortable, safe recovery.

Why Choose Stanford Health Care for Breast Reconstruction?

Oncologists and other physicians from the Bay Area and beyond refer their patients to the Stanford Health Care Breast Reconstruction Program. They recommend us for our:

- **High volume and excellent results:** We perform a high volume of autologous reconstructions as well as implant-based breast reconstructions. That expertise means we are well equipped to handle most every reconstruction case.
- **Care coordination:** We helped establish protocols to support care coordination for patients who get their cancer care in other health systems. That means no matter where you and your patients are based, we are able to provide a strong continuity of care, so you can be confident they are in good hands.
- **Latest care:** Our team uses the latest techniques and technologies to improve outcomes. We opt for immediate reconstruction whenever possible, but our skilled surgeons have many options for staged or delayed reconstruction or correcting post-reconstruction problems.

- **Faster return home:** We use enhanced recovery after surgery (ERAS) protocols to return patients to their homes comfortably and as soon as possible after surgery. ERAS pathways for autologous breast reconstruction after mastectomy can also dramatically reduce the need for narcotic pain medications.

Types of Breast Reconstruction We Offer

Our surgical team uses the latest techniques to improve patient outcomes. Your patients' reconstruction options may include:

- Mastectomy with autologous reconstruction using the patient's own tissue and fat
- Mastectomy with implants (saline or silicone)
- Oncoplastic reconstruction at the time of lumpectomy and radiation to immediately restore or improve the breast's appearance
- Post-radiotherapy restoration to restore the breast's appearance and symmetry
- Prepectoral reconstruction for smoother recovery and better function of the shoulder and pectoralis muscles
- Staged reconstruction with direct-to-implant (DTI) bioengineered breast implants

Multiple Flap Approaches

Plastic and reconstructive surgeons at Stanford Health Care have expertise in all flap approaches to tailor breast reconstruction surgery to individual anatomy. We use:

- TRAM (transverse rectus abdominis myocutaneous) flap from lower belly fat and abdominal muscle
- DIEP (deep inferior epigastric perforator) flap from lower belly fat and skin but sparing muscle
- SIEA (superficial inferior epigastric artery) flap using lower belly fat only, without cutting through muscle
- Gluteal flap from buttocks fat and skin, with the option of SGAP (superior gluteal artery perforator) or IGAP (inferior gluteal artery perforator) approaches
- LD (latissimus dorsi) flap from back muscle, fat, and skin, offering an option for patients who aren't candidates for other flap approaches

Advanced Breast Reconstruction Techniques

With any reconstruction approach, our surgeons discuss the patient's goals and needs. We are highly experienced in novel techniques that achieve high levels of patient satisfaction. Our surgeons offer:

- ADM (acellular dermal matrix) implants to reduce scarring, increase elasticity, and deliver improved, longer-lasting results
- Improved fat grafting techniques to meet a range of aesthetic needs
- Nerve grafting to preserve or restore sensation in the chest
- Nipple preservation to retain a natural look and feel
- SPY™ imaging system to visualize the breast's unique blood-flow patterns before surgery, allowing for better healing of the nipple area

Referring a Patient

At Stanford Health Care, you and your patients have access to the latest therapeutic options, research, and training. Throughout and after your patients' treatment, we encourage them to maintain close contact with their primary care and referring physicians.

We frequently work with referring physicians who seek:

- Secondary consultation to confirm an opinion
- More extensive diagnostic evaluations than may be available to you locally
- Patient access to specialized treatment that the referring physician cannot provide



**Breast Reconstruction
Referral Form**



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