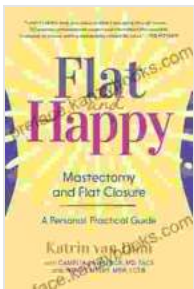


# Mastectomy and Flat Closure: A Comprehensive Guide

A mastectomy is a surgical procedure to remove one or both breasts. It is often performed to treat breast cancer, but it can also be used to prevent breast cancer in women who are at high risk of developing the disease. Flat closure is a type of mastectomy in which the breast tissue is removed but the skin and nipple are preserved. This type of mastectomy leaves a flat chest wall.



## Flat and Happy: Mastectomy and Flat Closure - A Personal, Practical Guide by Katrin van Dam

★★★★★ 5 out of 5

Language : English  
File size : 3802 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
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Mastectomy and flat closure can be a life-saving procedure, but it can also be a physically and emotionally challenging experience. This guide will provide you with information about mastectomy and flat closure, including pre-operative preparation, post-operative care, and tips for coping with the emotional challenges of mastectomy.

## **Pre-operative Preparation**

Before your mastectomy, you will need to meet with your surgeon to discuss the procedure and your expectations. Your surgeon will also give you instructions on how to prepare for surgery, including:

- Stopping smoking
- Losing weight if you are overweight or obese
- Managing your blood sugar if you have diabetes
- Taking antibiotics to prevent infection
- Getting a mammogram and biopsy to confirm the diagnosis of breast cancer

It is important to follow your surgeon's instructions carefully. This will help to ensure that you have a successful surgery and a smooth recovery.

## **Post-operative Care**

After your mastectomy, you will be taken to the recovery room where you will be monitored for any complications. You will likely have a drain in place to remove any excess fluid from the surgical site. You will also be given pain medication to help you manage discomfort.

You will typically stay in the hospital for 1-2 days after your mastectomy. During this time, you will be taught how to care for your surgical site and how to manage your pain. You will also be given instructions on when to follow up with your surgeon.

Once you are discharged from the hospital, you will need to continue to care for your surgical site at home. This includes:

- Keeping the wound clean and dry
- Changing the dressing as directed by your surgeon
- Taking antibiotics to prevent infection
- Managing your pain
- Getting regular exercise to promote healing

It is important to follow your surgeon's instructions carefully. This will help to ensure that you have a successful recovery.

## **Coping with the Emotional Challenges of Mastectomy**

Mastectomy can be a life-changing experience. It can lead to feelings of grief, loss, and body image issues. It is important to allow yourself time to grieve the loss of your breast. Talk to your family and friends about your feelings. Join a support group for women who have had mastectomies. And seek professional help if you are struggling to cope with the emotional challenges of mastectomy.

There are many resources available to help you cope with the emotional challenges of mastectomy. These resources include:

- Support groups
- Therapists
- Online forums

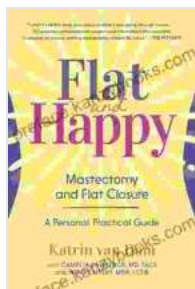
- Books and articles

Don't be afraid to reach out for help. There are people who care about you and want to help you through this difficult time.

Mastectomy and flat closure can be a life-saving procedure, but it can also be a physically and emotionally challenging experience. This guide has provided you with information about mastectomy and flat closure, including pre-operative preparation, post-operative care, and tips for coping with the emotional challenges of mastectomy. If you are facing mastectomy, please know that you are not alone. There are many resources available to help you through this journey.

## Resources

- Breast Cancer Organization
- American Cancer Society
- National Breast Cancer Foundation



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