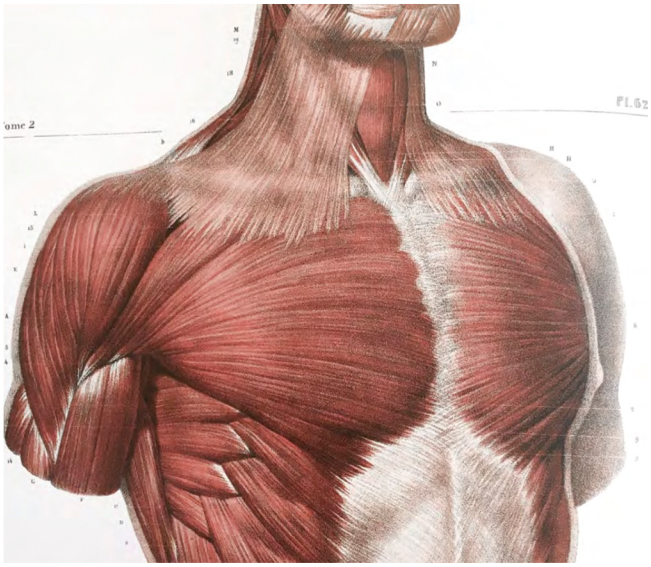
PLASTIC
SURGERY
GROUP London

Poland Syndrome

The Poland syndrome is a rare congenital malformation of the breast which leads to the malformation of the nipple, mammary gland and the underlying chest muscles. Depending on the severity of the malformation, a number of different reconstruction methods are used.

Depending on the severity of the malformation, different types of reconstruction are possible. Mild asymmetries and volume deficits can be corrected by fat injections. In more pronounced Poland syndrome, the reconstruction options range from the use of a tissue expander implant, to free tissue transfer, i.e. the use of microsurgical techniques to move tissue from region of the body to the chest area to correct the defect.



QUESTIONS YOU MAY WANT TO ASK DURING THE CONSULTATION:

- CAN THIS SYNDROME TO BE PASSED ON TO MY CHILDREN?
- IS THERE A MINIMUM AGE FOR SURGERY?
- IS THE SURGERY FUTURE-PROOF?

INFORMATION ABOUT THE PROCEDURE:

Duration of case: 1-3hours

General Anaesthesia required

Post-operative recovery approximately 1-4 weeks

No physical activity/sport for approximately 2-6 weeks

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