

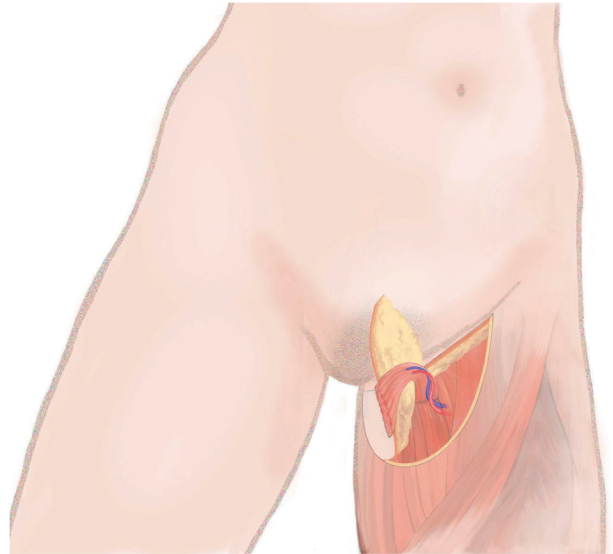
# PLASTIC SURGERY GROUP London

## Breast Reconstruction using tissue from the thigh (TMG-FLAP)

The tissue on the inside of the upper thigh is the second most common procedure used for breast reconstruction, and is also suitable for reconstruction of both breasts. This technique is used when there is insufficient tissue on the abdomen, or the abdominal blood vessels cannot be used due to previous surgery.

The tissue from the upper inner thigh is transferred to the breast, and the blood vessels of the tissue are connected to the chest using a microscope (microsurgery).

The resulting scar on the upper inner thigh offers a similar effect and scar of a cosmetic thigh lift.



## QUESTIONS YOU MAY WANT TO ASK DURING THE CONSULTATION:

- HOW DOES MY BREAST LOOK AND FEEL AFTERWARDS?
- WHEN CAN I RETURN TO MY NORMAL DAILY ROUTINE?
- HOW LONG WILL I BE RESTRICTED IN SPORT AND EXERCISE AFTER SURGERY?
- WILL THE ONCOLOGICAL FOLLOW-UP BE AFFECTED BY THIS TECHNIQUE OF RECONSTRUCTION?

## INFORMATION ABOUT THE PROCEDURE:

Duration of case: 3.5 hours

General Anaesthesia required

Post-operative recovery approximately 3-4 weeks

No physical activity/sport for approximately 4-6 weeks