



# MIDWEST

Breast & Aesthetic Surgery

## Breast Reconstruction with Latissimus Dorsi Flap

**Latissimus dorsi musculocutaneous flap** — uses muscle, fat, and skin from back to reconstruct the breast

- The muscle has its own blood supply to feed the overlying fat and skin that is moved to the chest to reconstruct the breast
- An implant is often used with the flap to create more volume and a better shape

Length of surgery

- 3-4 hours for each side/breast

Length of stay

- 2-3 days

Recovery

- 3-6 weeks

Scar

- On one side of the back, along the bra line
- Generally more difficult to conceal compared to abdominally-based breast reconstruction scars

### Recommended if:

- Have enough back tissue
- Healthy enough for moderate surgery
- Have had radiation

### Not ideal if:

- Smoker and have no plan to quit
- Desire large breast but do not want implants to be used with the flap

### Risks with all types of reconstruction:

- Infection — may require antibiotics and/or removal if implant if one is present
- Fluid build-up (Seroma) — Can be drained with a needle