

	Breast implant	Back LD flap	Tummy TRAM and MS-TRAM flap	Tummy SIEA or DIEP flap	Buttock SGAP or IGAP flap	Thigh TMG, TUG or PAP flap
Will I need an implant?	Yes	Implant may be placed behind flap.	No	No	No	Implant occasionally used.
Length of surgery	1 ½ to 2 ½ hours	3 to 5 hours	4 to 6 hours	4 to 6 hours	4 to 6 hours	4 to 6 hours
Time in hospital	1 to 3 days	3 to 5 days	3 to 7 days	4 to 8 days	4 to 8 days	4 to 8 days
Recovery time	4 to 6 weeks	6 to 8 weeks	6 to 12 weeks	6 to 12 weeks	6 to 12 weeks	6 to 12 weeks
Scars	On breast only.	Scar on breast and scar on the back.	Scar on breast and scar from hip to hip, near the bikini line.	Scar on breast and scar from hip to hip, near the bikini line.	Scar on breast and scar on upper buttock (SGAP) or in the crease under lower buttock (IGAP).	Scar on breast and scar in the crease of the upper, inner thigh.
Effects on muscles	Very little or no change in muscle strength.	May cause slight shoulder weakness. LD muscle in breast may twitch.	Risk of weakness in tummy muscles. Mesh is used to strengthen them.	Small risk of weakness in tummy muscles.	No change in muscle strength.	No change in muscle strength.
Things to consider	<p>May give a less natural shape and feel than your own tissue.</p> <p>You may need further surgery to replace an implant if certain problems develop.</p> <p>After a few years the reconstructed breast and your natural breast may not look balanced.</p>	<p>May not be suitable if you need to regularly use your arms above shoulder height.</p> <p>May affect ability to do:</p> <ul style="list-style-type: none"> • sports such as climbing • racquet sports or swimming at a professional level. 	<p>May not be suitable if you:</p> <ul style="list-style-type: none"> • are very slim or overweight • have scars on your tummy from previous surgery • have health problems such as diabetes • smoke. 	<p>May not be suitable if you:</p> <ul style="list-style-type: none"> • are very slim or overweight • have scars on your tummy from previous surgery • have health problems such as diabetes • smoke. 	<p>One buttock may be smaller than the other.</p> <p>Reconstructed breast may feel firmer than the other breast.</p> <p>May not be suitable if you:</p> <ul style="list-style-type: none"> • have health problems such as diabetes • are very overweight • smoke. 	<p>Small risk of lymphoedema (long-term swelling) in lower leg.</p> <p>May not be suitable if you:</p> <ul style="list-style-type: none"> • have health problems such as diabetes • are very overweight • smoke.