

**乳房重建整形手術
組織擴張器和植入物
Breast Reconstruction
Tissue Expander and Implant**

<p style="text-align: center;">Breast Reconstruction Tissue Expander and Implant</p>	<p style="text-align: center;">乳房重建 肌肉組織擴張器和植入物</p>
<p>In this method, a tissue expander is placed under your chest muscles (these muscles have no change in function after surgery). The expander is then inflated every 2-3 weeks for about 3-4 months. This inflation requires a visit to the plastic surgeon who injects salt water using a needle into the expander. There is some temporary (1-4 hours) chest tightness after each procedure. When expansion is finished, it is generally painless.</p> <p>Then, in 3-6 months when the chest skin is stretched enough (like a woman's abdomen stretches during pregnancy) the expander is removed and a permanent saline (salt water) implant that matches your other breast is put in. This involves a second, relatively minor operation. Then, if you wish, the nipple is reconstructed in a third, minor operation.</p>	<p>在這方法中，一個肌肉組織擴張器會被放置在胸部肌肉內（這些肌肉在手術後，功能上沒有變化）。擴張器每 2 - 3 星期擴張一次，這過程需維持 3 - 4 個月。這擴張過程需要整形外科醫生用針管注鹽水入去擴張器。每次都會使到胸部暫時有收緊的感覺（約 1 - 4 小時）。當膨脹完成時，通常不會再痛。</p> <p>在約 3 - 6 個月後，當胸部皮膚有足夠的被拉伸（就像女人懷孕期間時的腹皮被拉伸）時，會做第二次但相對較小的手術去移除擴張器，同時放入可配對另一個乳房大小的「永久鹽水植入物」。然後，如果你想的話，可以做第三次的小型手術去重建乳頭。</p>

<p>Your plastic surgeon can show you these expanders and implants when you are in the office. These implants now come in a very wide range of shapes and sizes, so that most women's opposite breast can be closely matched.</p>	<p>您的整形外科醫生可以給您看這些擴展器和植入物。現在這些植入物的形狀和大小已經有很多選擇，所以可以為大多數婦女配對適合大小的乳房。</p>
<p>The advantages of this surgery are that it is the simplest reconstructive method and all of the surgeries are relatively minor.</p> <p>Disadvantages of this type of breast reconstruction include a longer mastectomy scar and 2-3 operations (one of which is done at the same time as the mastectomy if you have immediate reconstruction). Also, you must go to your plastic surgeon's office every 2-3 weeks to have your expander inflated. In addition, initially after surgery, there is really no breast until after the expander had been inflated a few times.</p> <p>This technique may not be possible in some patients who will receive radiation therapy treatment, because the radiation can cause hardening of the implant. The reconstructed breast always feels hard and often tight, and will never droop naturally. Finally, some women prefer a more natural reconstruction using their own tissues to create a breast.</p>	<p>這手術的優點是在於它是最簡單的重建方法，所有相關手術都是屬於較小型的。</p> <p>這種重建乳房方法的缺點包括：較長的乳房切除術疤痕和要做 2-3 次手術（如果你決定立即做重建手術，其中一次手術會與乳房切除手術一同進行）。此外，你必須每 2-3 星期到手術外科醫生處，將擴張器擴張。此外，從第一次手術後直到擴張器被擴張數次後的期間，你會沒有乳房。</p> <p>一些曾接受放射治療的患者可能無法做這手術。因為放射性物質會產生輻射，導致植入物硬化。重建的乳房總是感覺很硬和緊，而且絕不會自然地下垂。最後，一些婦女偏向喜歡用自己的肌肉組織去重建乳房。</p>

Tissue Expander Placement (with later implant replacement)

組織擴張器放置 (與後來的植入物更換)

