"Nothing looks as good as healthy feels." Renee Ridgeley, bilateral explant "I am so much more than my breasts and I have never felt any less feminine without them." Andrea Weigand, BRCA prophylactic mastectomies "Flat was the option for me and I love my newfound freedom from bras." Niva Kight, single mastectomy Photo: The Grace Project

Community is Healing



You are not alone. There is a vibrant community of women who have lost breasts to cancer treatment or prevention.

Whether you are newly diagnosed, in active treatment or stepping into survivorship, there are many resources for those considering FLAT after mastectomy.

Scan the QR code below to access photo galleries, organizations, podcasts and websites that serve and connect women with less than two breasts.



S C A N E F O R

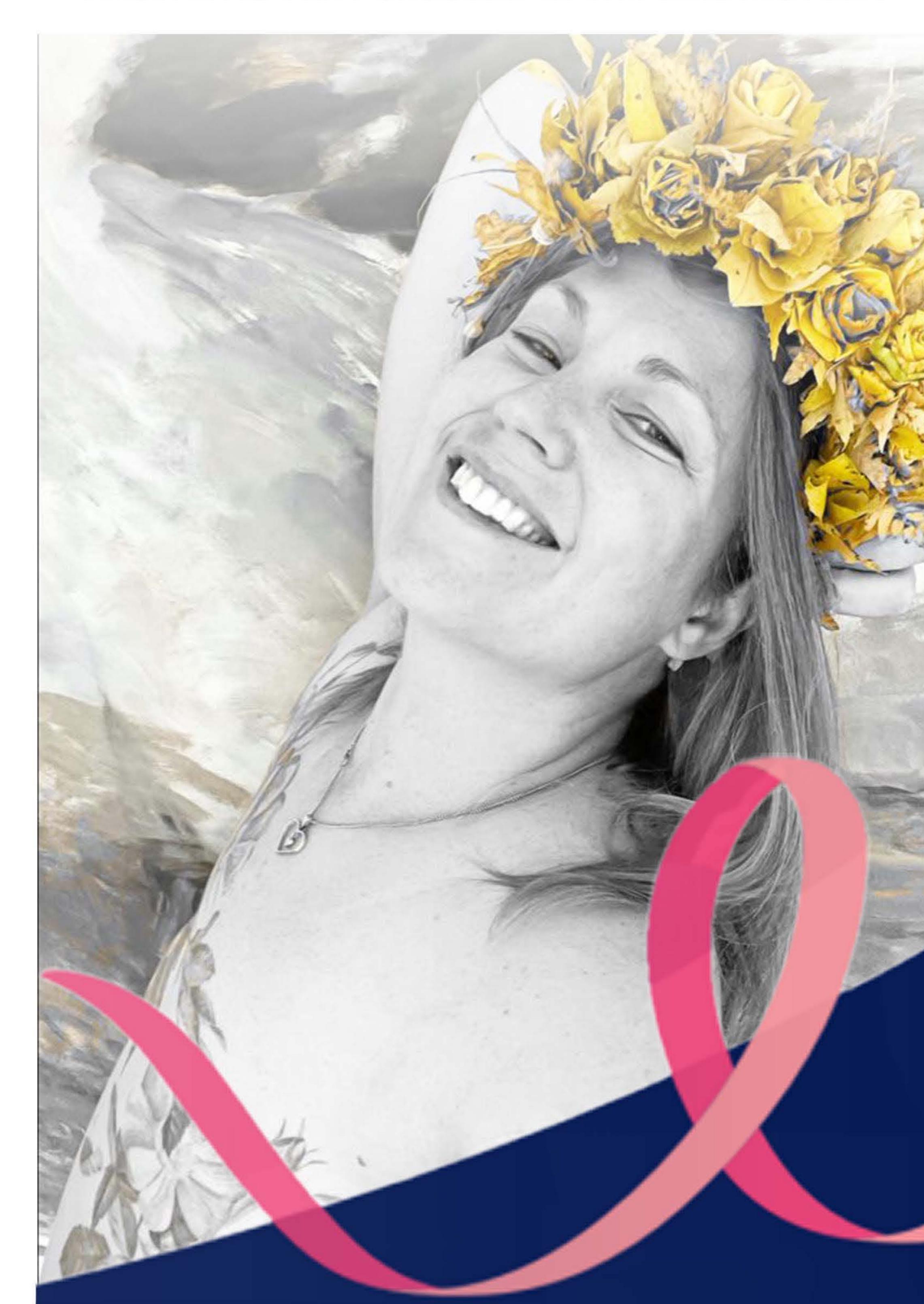
#AestheticFlatClosure

COMMUNITY . EDUCATION . SURVIVORSHIP

To order My Choice AFC brochures email: mychoiceAFC@gmail.com

My Choice

AESTHETIC FLAT CLOSURE AFTER MASTECTOMY



Aesthetic Flat Closure
(also known as "going flat" or
no breast reconstruction)

COMMUNITY • EDUCATION • SURVIVORSHIP

Approximately half of mastectomy patients choose Aesthetic Flat Closure instead of implant or tissue-based reconstruction.

Women choose Aesthetic Flat Closure (AFC) because...

FLAT is Healthy

AFC offers the lowest rates of surgical complications, fastest recovery, and has no long-term health risks.

FLAT is Complete

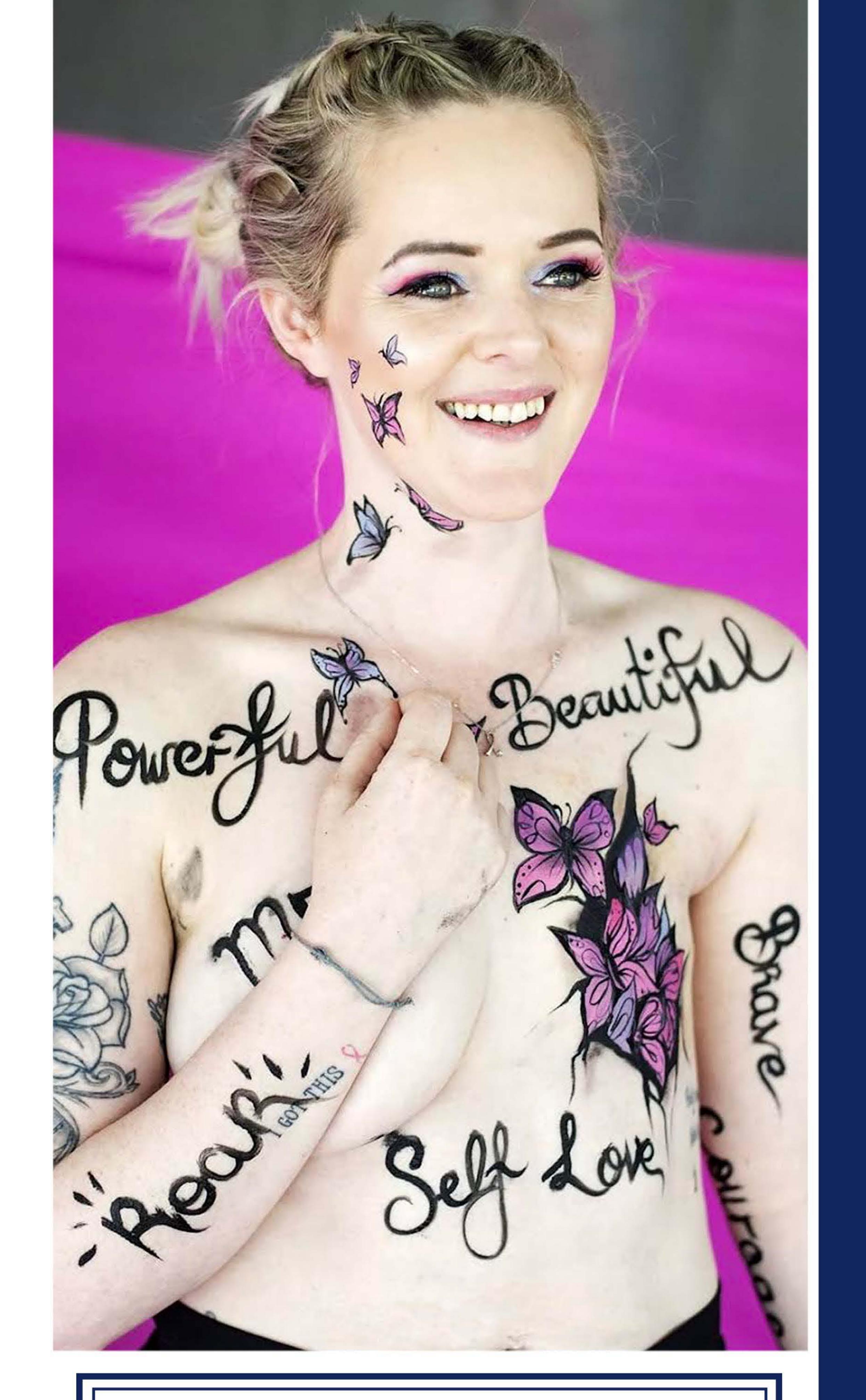
AFC requires no maintenance or surveillance of a foreign object and no additional surgeries.

FLAT is Valid

Studies show AFC offers similar rates of satisfaction to breast mound reconstruction.

FLAT is Whole

AFC creates a smooth, natural chest contour for survivorship.



AESTHETIC FLAT CLOSURE

A type of surgery that is done to rebuild the shape of the chest wall after one or both breasts are removed. The remaining tissue is tightened and smoothed so that the chest wall appears flat.

An aesthetic flat closure may also be done after removal of a breast implant that was used to restore breast shape.

(National Cancer Institute)

Your Aesthetics Matter!



- Which incision pattern feels right for you?
- Share your preferences when consulting with surgeons.
- Satisfaction rates increase when patient decisions are supported by surgeons.

Can I Wear Breast Prosthetics After AFC?

Yes. Aesthetic Flat Closure will make wearing prosthetics (breast forms that fit in a bra) more comfortable should you choose to wear them.

