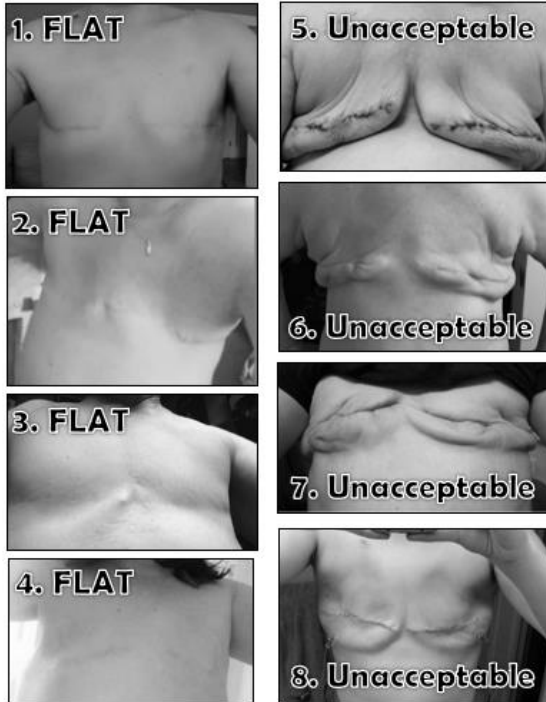


"One and Done"

Most women choose **aesthetic flat closure** expecting to be done in one surgery so that they can move on with their lives. However, this doesn't always happen.

Mastectomy patients who asked for a flat result:



Not Putting on a Shirt

Aesthetic flat closure requires both a particular skillset and a willingness to invest additional time in the operating room. Recent research also confirms the risk that your surgeon may override your wishes "in case you change your mind later".

Every woman has the right to full and fair disclosure of her reconstructive options, and to have her informed consent respected.

Talk to Your Surgeon

Make sure you have an advocate with you for support at your surgical consult. Be very specific: ask for an **aesthetic flat closure** as defined by the National Cancer Institute. Ask questions to ensure your surgeon has both the skillset and the mindset to honor your choice. Learn more about the responses you're looking for at NotPuttingonaShirt.org.

- ✓ Have they done aesthetic flat closures for previous patients? **Ask for photos.**
- ✓ Will they be able to complete the job in one surgery? Or will they consider bringing on a plastic surgeon to close?
- ✓ How will they address any special challenges in your case – very large breasts, obesity, etc.?
- ✓ Should you expect concavity, and how will this be addressed?
- ✓ How will they avoid "dog ears"?
- ✓ What type of incision will your surgeon use, and why? How far back will the incisions extend?
- ✓ How will they account for gravity? Will they mark you up in a sitting position either before or during the surgery?



Shay Sharpe, Shay Sharpe's Pink Wishes

Flat is Beautiful

Benefits of "going flat" (aesthetic flat closure):

- Faster surgical recovery
- Avoids risk and complications from implants or flap reconstruction
- No more bras or mammograms!



*Chiara D'Agostino, Beauty Through the Beast
(for O, the Oprah Magazine)*

The Flat Revolution is NOW

Women choose aesthetic flat closure after:

- Mastectomy for breast cancer
- Risk reducing mastectomy
- Explanting their breast implants

Flat Resources

Nonprofit Organizations



FlatandFabulous.org



NotPuttingonaShirt.org

BreastFree

BreastFree.org



FlatFriends.org.uk



FlatClosureNOW.org

Social Media Support Groups

Breastless & Beautiful
Fabulously Flat (UBCS)
Fierce, Flat, Forward
Flat & Fabulous
Flat in Canada
My Flat Friends

Podcasts

Flat Is Where It's At

Social Media Projects

Tout aussi femme
Linkage Beauty
The Flat Advocate
Complètement FEMME
Less Than Two Breasts

Fashion Blogs

Flatter Fashion UK
Fantastic Flat Fashions
Leave Me Breastless

Books



FLAT: Reclaiming My Body from Breast Cancer - Catherine Guthrie

((Revised July 2020))



Angela Baker
The Grace Project
Angel in Disguise

Flat Resources

Events



International Flat Day
October 7th

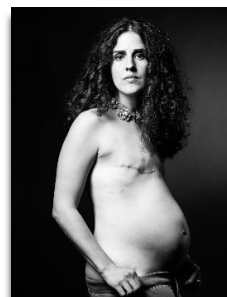
Photography



The Breast & the Sea



The Grace Project



The SCAR Project



Mirelys Jimenez
Next Chapter Photography

Flat is Reconstructive

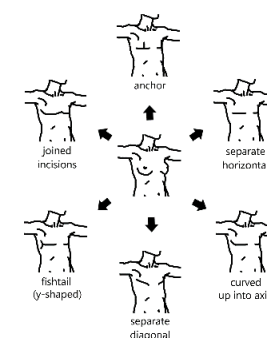
Going flat is a valid, affirmative choice made by informed women who have considered all of their reconstructive options and decided that traditional breast mound reconstruction is not right for them.



Ms. Rosewater

Aesthetic flat closure is reconstructive, NOT cosmetic (NCI). It isn't just removal of the breasts – it's a reconstruction of a flat chest

wall contour. This means removal of all excess tissue in the breast area in order to produce a smooth, flat result.



There are many ways to achieve a great flat closure! Ask your surgeon what incision pattern is right for you.

Not Putting on a Shirt