



Lesson plan on breast prosthesis

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Abstract

Breast cancer the second leading cause of cancer death in women, is the disease women fear most. External breast prosthesis is an artificial breast form that is used to replace the natural breast after a complete mastectomy. Prostheses come in a wide variety of shapes, sizes and skin tones and are made from materials that are designed to move, feel and weight as similar to a natural breast as possible. It is important to take a well-fittings bra to your breast prosthesis fitting appointment. So the fitter can see how the prosthesis will sit in your bra. The fitter will explain what will happen during the fitting and check you have a well-fitting bra. Once your scar area is fully healed and swelling has gone down (usually within six to eight weeks) you can be fitted for permanent silicone prosthesis, if you choose. External breast prosthesis can be utilized 4to 5 years.

Keywords: Breast, prosthesis, artificial, methods

Introduction

General Objectives

The (subjects) post mastectomy women acquire in depth knowledge regarding external breast prosthesis and develop desirable attitudes towards it and able to practice it. The subjects (post mastectomy women) will get adequate knowledge about external breast prosthesis and its definition, incidence, types, shapes, weights, available breast prosthesis in the market, made to measure, prosthesis fitting, care of the breast prosthesis, utilization, advantages and cost.

Specific Objectives

At the end of the video assisted teaching programme, the subjects will be able to

- Define External Breast Prosthesis
- Explain The Incidence Of External Breast Prosthesis
- List Down The Types Of External Breast Prosthesis
- List Out The Shapes Of External Breast Prosthesis
- Describe The Weights Of External Breast Prosthesis
- Explain The Available Breast Prosthesis In The Market
- Describe The Made To Measure Of Breast Prosthesis
- Enumerate The Prosthesis Fitting
- Explain The Care Of External Breast Prosthesis
- Describe The Utilization Of External Breast Prosthesis
- List Down The Advantages Of External Breast Prosthesis
- Explain The cost of external breast prosthesis

Breast cancer the second leading cause of cancer death in women, is the disease women fear most. Breast cancer is caused by uncontrolled growth of abnormal cells in the breast. Mastectomy is a common treatment modality for breast cancer in which partial or full affected breast is removed to prevent further spread of infection. Therefore rehabilitation after mastectomy is integral to women's health promotion. Most of the women select breast restoration and symmetry through breast reconstruction or external breast prosthesis EBP.

Definition

External breast prosthesis is an artificial breast form that is used to replace the natural breast after a complete mastectomy. External breast prosthesis provides symmetry and a natural shape to the body and it improves the body posture and self-esteem. It fits in a bra cup with or without a bra pocket.

Incidence

In the 1950s poly (vinyl alcohol) sponges were implanted as breast prostheses, but results with these were also poor. University of Tex as plastic Surgeons Thomas Cronin and Frank Gerow invented the first silicone breast implant in the early 1960s, a silicone shell filled with silicone gel.

Types of external breast prosthesis

Prostheses come in a wide variety of shapes, sizes and skin tones and are made from materials that are designed to

move, feel and weight as similar to a natural breast as possible.

a. Full or standard prosthesis

This prosthesis has various backings designed to go straight against the chest wall where all breast tissue has been removed. It's matched in size, shape and skin tone to your other breast.

b. Partial or shaped prosthesis

A partial prosthesis is for women who have had part of their breast removed. It's worn inside a bra and is shaped to fill out the breast outline. It's made of the same silicone material as most full prosthesis

c. Shell prosthesis

This is a type of partial prosthesis that may be used if your breasts are different in size from each other. It's a soft "shell" of silicone that fits over your smaller breast so that it matches the larger one.

This type of prosthesis can also be useful for women who have had breast reconstruction surgery where symmetry has not been achieved or if an implant is in the process of being expended.

d. Stick-on prosthesis

Stick on prosthesis (Full or partial) sticks directly onto the skin. These can suit women who are active or who want to wear a less supportive bra, as not all of the weight is taken by the bra. They can also be worn with strapless dresses and tops if the clothing is supportive enough.



Contra-indication of stick on prosthesis

Most women will be advised not to wear a stick - on prosthesis for 12 months after surgery or during (and sometimes after) radiotherapy as it may damage the skin. They can be worn either by attaching it directly to the chest wall or as a regular prosthesis with a protective backing over the stick-on part.

Shapes of external breast prosthesis

Breast prostheses come in symmetrical, teardrop and asymmetrical shape.

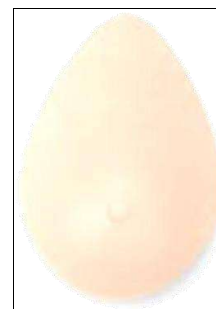
a. Symmetrical

A symmetrical form is usually an oval or triangular shape that can be worn on either the left or right side.

b. Teardrop

The teardrop shape is often more suitable for women whose

breasts are fuller in the lower and outer area and less full above the nipple. These can also be worn on either the right or left side.



c. Asymmetrical

These are generally more suitable for women who have had more extensive surgery as they have extensions to fit under the arm or upper chest wall. However, they can also be used by women who have not had extensive surgery. They are specifically designed for either the left or right side.



Weights of breast prosthesis

1. Full weight prosthesis

Full weight prosthesis may make you feel more balanced as it matches the weight of your other breast. However, if you need a large size, a lighter-weight version might be more comfortable.

2. Light weight prosthesis

If a breast prosthesis is too light it can move around or ride up so it's not level with the other breast. If this happens discuss it with the person who fitted your prosthesis as you may need to be reassessed, or get advice about wearing a different type of bra.

External breast prosthesis available in the market

1. Silicone gel

Silicone gel is a non-toxic, synthetically made substance. Most breast prostheses are made from soft silicone gel encased in a thin film. They are molded to resemble the natural shape of a woman's breast, or part of a breast. The outer surface feels soft and smooth, and may include a nipple outline. Many women who have had surgery for breast cancer and have not had reconstruction, wear external breast prosthesis. Silicone prosthesis cannot be absorbed through the skin.

2. Foam prostheses

Foam prosthesis is lighter and cooler. It may be more suitable if you are particularly active or you may find this style more comfortable in warmer weather

3. Polypropylene Beads Prosthesis

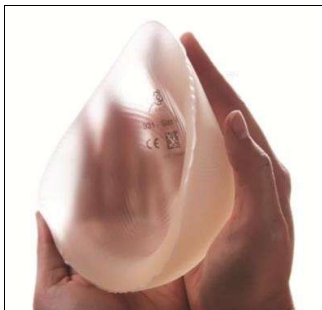
Some prostheses are filled with polypropylene beads. These mould into the shape of the bra and, as air is able to circulate, they are also cooler.

4. Camisoles

Camisoles that have soft attachable prostheses can be worn immediately after surgery until the surgical site is healed.

5. Swim Prosthesis

Swim prostheses are made especially for use when swimming and don't get damaged by salt water or chlorine.



6. Breast prosthesis backings

The backing of most prostheses is made of the same material as the front.

- Some may have a different backing, such as fabric or a panel of gel, designed to make them more comfortable.
- Backings that can be molded to fit an uneven chest wall are also available. Some prostheses have backings that allow more air flow and may be cooler.

Uses

To prevent a rash or skin reaction developing, this might happen if you get hot and sweat behind your prosthesis.

Prosthetic nipples

Prosthetic (or 'artificial') nipples are made of soft silicone that can be worn on a reconstructed breast or prosthesis.

- They are either self-sticking or come with special skin glue that can hold the prosthetic nipple in place for several days.
- Prosthetic nipples come in different sizes and skin colors but some hospitals custom-make them so they match the nipple on your other breast.

Made to measure

This technique uses a 3D scanner to produce a computerized 3D image of the chest area, which can then be used to create a customized prosthesis shape. It is made to give a good match to the chest wall, which stops the prostheses moving, and is matched to your skin tone.

Prosthesis fitting

It is important to take a well-fittings bra to your breast prosthesis fitting appointment. So the fitter can see how the prosthesis will sit in your bra.

At the fitting

The fitter will explain what will happen during the fitting and check you have a well-fitting bra.

At your appointment, you should have

1. A selection of sizes and styles of prostheses.
2. Sufficient privacy
3. A large mirror and good light so you can see for yourself what the prosthesis looks like in your bra and with clothing over it.
4. Enough time for you to make the right choice.

Care of the breast prosthesis

- Hand washes the prosthesis after every wear.
- Wash it daily in warm soapy water and dry it with a towel
- Rinse the breast form well in clean water soon after swimming to remove any chlorine or saltwater.
- Use a soft, fiber-filled form in a sauna or spa-silicone prosthesis may heat up against your skin.
- Avoid using perfumed deodorant, as this can damage the breast form.
- Take care not be to catch the prosthesis with sharp objects such as rights or brooches as these may damage it, causing the silicone to leak. If it does get damaged, you can usually seal the tear temporarily with a sticking plaster.

Utilization of breast prosthesis

- Once your scar area is fully healed and swelling has gone down (usually within six to eight weeks) you can be fitted for permanent silicone prosthesis, if you choose.
- External breast prosthesis can be utilized 4to 5 years.

Advantages of breast prosthesis

- It gives natural breast size
- It replaces the natural breast
- It improves their body image, body posture and self esteem

Cost of breast prosthesis

- For a pre-made silicone prosthesis the average cost is about Rs.4000 to 5000/-
- For custom made prosthesis the cost could be up to Rs.25000 and more.

Summary

The researcher discussed the topic of external breast prosthesis and its definition, incidence, types, shapes, weights, availabilities of breast prosthesis in the market, made to measure, prosthesis fitting, care of the breast prosthesis, utilization, advantages and cost.

Conclusion

The researcher hope that the subjects were understand the external breast prosthesis and its uses. The researcher thanks to the subjects their patience, cooperation, encouragement and support during the time of video teaching.

Conflict of Interest

Not available

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Not available

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How to Cite This Article

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