

Board Certified, Fellowship Trained

& Experienced in All Types of
Breast Reconstruction

Offering the full-spectrum of advanced breast reconstruction techniques, Dr. Karen Horton and Dr. Karoline Nowillo have created a unique all-woman Plastic Surgery and Reconstructive Microsurgery practice that specializes in breast cancer reconstruction.

Women seeking experience and expertise in reconstruction of the breasts, an aesthetic eye for beauty and a meticulous woman surgeon's touch travel to San Francisco for specialized care.

Dr. Horton and Dr. Nowillo offer all types of breast reconstruction, including nipple-preserving techniques, implant-based surgery and Microsurgical free flap reconstruction. Fellowship-trained in Reconstructive Microsurgery, both surgeons focus on advanced breast cancer reconstruction in their practices.

Meeting with Dr. Horton & Dr. Nowillo

"We strive to create a beautiful and well-proportioned breast for each woman, both in clothing and when nude. Our patients are empowered to move forward after surgery, to feel whole again, live life to the fullest and be proud of their reconstruction!"

Many women recognize that specialized breast reconstruction is not offered in every city or state; they travel to receive specialized attention, skill and care from Dr. Horton and Dr. Nowillo. Our office located in the beautiful Pacific Heights area of San Francisco at 2100 Webster Street, Suite 506, 94115.

Location:

2100 Webster Street, Suite 506
San Francisco, CA 94115

For More Information, Call:

415-923-3067

www.drkarenhorton.com
www.karolinenowillomd.com



Advanced Breast Reconstruction For Women,

By Women Surgeons

As women Plastic Surgeons, we intimately understand how a woman's feelings about her breasts can influence her self-image and her femininity. Our ultimate goal is to help women feel better, look better, and give them a beautiful, natural, long-lasting breast reconstruction

DR. KAROLINE
NOWILLO

DR. KAREN M.
HORTON



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San Francisco, CA 94115

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Advanced Breast Reconstruction

Breast reconstruction helps to restore a woman's sense of body image after facing cancer treatment. Reconstruction is a very personal procedure, and is uniquely tailored to each patient. We understand that facing breast cancer and its treatment can be overwhelming. The ideal breast reconstruction technique takes into account a woman's body shape and anatomy, her lifestyle, personal goals and medical details to find the very best fit of reconstructive technique for her, on an individualized basis.

"Our mission is to help make the breast reconstruction journey a positive and empowering experience for women. During reconstruction we always consider symmetry and aesthetics first, without sacrificing major muscles of the body."



Implant-Based Breast Reconstruction

Immediate Single-Stage Implant Reconstruction

uses permanent, postoperatively adjustable saline implants that are specifically tailored to a woman's



desires for her reconstruction result. Implants are placed either on top of or below the pectoralis major muscle for the most natural look. For ultimate aesthetics, saline implants can be exchanged for silicone gel as a short outpatient procedure at the time of implant port removal.

Nipple-Sparing Mastectomy (NSM) is a state-of-the-art technique that preserves all of the breast skin in addition to the nipple and areola, obviates the need for a second reconstructive procedure to create a new nipple-areolar complex, and is the standard of care for our patients. We refer our patients to Breast Surgeons who specialize in nipple-preservation through an incision in the inframammary fold (the natural crease beneath the breast).

Traditional Two-Stage Expander-Implant Reconstruction uses a submuscular tissue expander which is exchanged for a permanent implant in a second outpatient procedure. Women may be candidates for this procedure when single-stage techniques are not recommended. You and your surgeon together will determine which implant-based reconstruction technique is best for your breast shape and reconstructive goals.

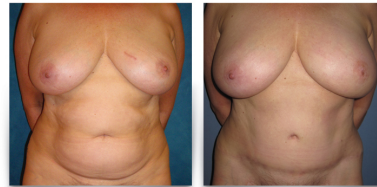
Microsurgical Breast Reconstruction

Microsurgery is a specialized technique that is used to surgically transplant skin and fat (a **FLAP**) from one part of the body to the chest under the microscope, without relying on a muscle to transfer the tissue. Unlike implants, a flap is a permanent, warm, soft, living tissue reconstruction that moves naturally, lasts forever and helps to counteract past injury such as radiation, infection or scar tissue by bringing healthy new tissue to the chest.

DIEP Flap and SIEA Flap Reconstruction

uses Microsurgery to transplant skin and fat from the lower belly to reconstruct the breast.

Unlike the TRAM flap that permanently sacrifices the rectus abdominis muscle, DIEP and SIEA flaps preserve this vital muscle and only use skin and fat from the tummy to create a new breast. DIEP/SIEA flaps can have a consistency and feel most similar to natural breast tissue, and result in a "tummy tuck" effect.



TUG (Inner Thigh) Flap Reconstruction

provides a permanent, warm, soft and shapely breast reconstruction using tissue from the upper inner thigh. For women who do not have abdominal tissue for a DIEP/SIEA flap, inner thigh tissue is used to create a new breast mound and often enables immediate nipple and areola reconstruction, and results in an "inner thigh lift".



BRCA-Positive Women Seeking Prophylactic Mastectomy

Women who are carriers for the BRCA gene often seek risk-reducing surgery for their breasts and ovaries. Nipple-sparing mastectomy (NSM) and immediate breast reconstruction using implants or Microsurgery gives the ultimate in breast aesthetics for BRCA-positive women. Concurrent prophylactic oophorectomy is often arranged with our Gynecologic Surgery colleagues for a single risk-reducing procedure.

Breast Reconstruction After Lumpectomy and Radiation

Not every woman with breast cancer requires a mastectomy. Breast reconstruction using **local tissue rearrangement**



preserves the remaining breast tissue, promoting maintenance of a natural and aesthetic breast shape. The nipple and areola are preserved, the tissue is rearranged to form a perkier and/or smaller breast (**breast reduction/lift**), and reconstruction is complete in a single operation. Sometimes **implants** are placed after lumpectomy and radiation to balance the breasts, correct asymmetry and achieve a woman's personal goals for her reconstruction.

Nipple and Areola Reconstruction

For women who do not have NSM, advanced techniques for nipple and areola reconstruction include "nipple sharing", local flaps and medical tattoo that create a new nipple and areola to match the other breast as a short outpatient procedure.



"Nipple and areolar reconstruction acts as the finishing touch and makes the reconstruction appear truly natural and a woman's own. It is always recommended to our patients!"

Revision Breast Surgery

Improvement of the appearance of the breasts has psychological benefits for a woman and can improve quality of life. Improvement of unsatisfactory reconstructions to create better symmetry, proportion and balance are particular interests of Dr. Horton and Dr. Nowillo. **implant revision** can include removal and replacement, capsulectomy, correction of deformity, or conversion of an implant reconstruction to a flap. **Flap revision** can involve contouring, scar revisions, "lipofilling" (free fat grafting), flap augmentation and donor site contouring for the very best aesthetic results.

Contact Us
For More Info

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