Page 1

Welcome to Breast Restoration by[Dr Mytien Goldberg](http://goldbergplasticsurgery.com/meet-dr-goldberg/).

Dr. Goldberg’s mission is to provide the latest cutting edge techniques in breast reconstruction to restore a woman’s breast after mastectomy or lumpectomy. Using the latest microsurgical techniques, Dr. Goldberg can restore your breast back to its form using your own tissue. It is the most **organic breast reconstructive technique** whereby the appearance, shape and texture can be reconstructed to closely approximate a natural breast. Dr. Goldberg’s goal is to give you the best aesthetic result possible, and empower you to return to your life as a stronger, more confident woman.

We know that breast cancer affects more than just the body. It causes mental and emotional stress that can take a serious toll. Dr. Goldberg pledges to provide the best care available. She treats women holistically with an integrative approach and provides pre and postoperative care in an intimate setting.

Page 2

“My mission is to use microsurgery techniques to reconstruct a woman's breast using her own tissue. I call it the *organic breast reconstruction*. “ Dr Mytien Goldberg

The Preferred Breast Reconstruction Specialist of Beverly Hills

Stanford Educated | USC Trained | UCLA Faculty

Dr. Goldberg is **a board certified plastic surgeon** with a subspecialty in microsurgery. She was born in Vietnam and immigrated to the United States with her family at the age of fourteen. Dr. Goldberg and her family settled in northern California where she completed her undergraduate studies at the University of California, Davis where she obtained a Bachelor of Science degree with Honors in Biochemistry. She then went on to obtain a M.D. degree at Stanford University School of Medicine.

A personal burn injury gave Dr. Goldberg a keen interest in plastic and reconstructive surgery as well as cosmetic surgery. She completed both her general surgery and plastic surgery training at the prestigious University of Southern California (USC). After completing plastic and reconstructive surgery training, she stayed on as a hand and microsurgery fellow with the renowned Joseph H. Boyes hand and microsurgery also at USC. She is currently ***a clinical faculty member with the division of plastic surgery at UCLA David Geffen School of Medicine***. As a member of the faculty, Dr. Goldberg trains future plastic and reconstructive surgeons in the latest reconstructive techniques available.

Page 3

**Breast Reconstruction**

Breast reconstruction is divided into three main categories, immediate reconstruction, immediate delayed reconstruction, and delayed breast reconstruction. Depending on the stage of the cancer and the need for radiation and chemotherapy treatment, Dr. Goldberg will determine which option is best suited for your diagnosis.

Often times our patients will present with breast reconstructions that they are unhappy with. Dr. Goldberg believes that women have the right to an aesthetically pleasing result and specializes in revision breast reconstructions.

Page 4

**DIEP and SIEP Flaps in breast reconstruction**

Both the DIEP and SIEP flaps use the skin and fatty tissue from your abdomen to reconstruct the breast following a mastectomy. Unlike the previous methods, Dr. Goldberg uses the latest advancement in microsurgery to preserve the important muscles of your abdomen. Preservation of the rectus muscle is important because it maintains the integrity of your abdominal strength allowing you to return to your daily activities much faster. By removing some of the fatty tissue of the abdomen the patient is left with a tighter tummy and a scar similar to an abdominoplasty (tummy tuck). Since the DIEP flap is made of your natural skin and fatty tissue, it offers the most natural appearing breast reconstruction without the use of an implant. Patients with DIEP flap reconstructions require fewer overall number of surgeries and office visits when compared with patients who have implant based reconstructions.

Most patients prefer this reconstruction because they have the benefit of both breast reconstruction and an improved abdomen contour.

Page 5

**The Extended Latissimus Dorsi Muscle flap**

This surgery involves harvesting the latissimus dorsi muscle along with skin and fat from the back to reconstruct a breast. The latissimus dorsi muscle is the largest muscle in the back and responsible for extension and internal rotation of the shoulder joint. It is often used in various reconstructive procedures and does not result in any noticeable weakness. The patient will have a scar that is well hidden within the bra line. It is a more attractive option for patients who do not have enough abdominal tissue. The surgery is shorter and the recovery is faster than the DIEP flap reconstruction.

**The PAP flap**

The pap flap uses skin and fatty tissue from the inner upper thigh. The tissue is similar to the skin and fat removed in the cosmetic medial thigh lift procedure. This is a popular flap in woman who have had a prior tummy tuck or lack tissue in the abdomen. The amount of tissue that is supplied by the inner thigh tends to be less than there is available in most patients on the abdomen.

Page 6

**Implant Base Reconstruction**

Implant base breast reconstruction is the most popular technique currently used in breast reconstruction. It is popular because the reconstruction results are excellent and the patients may return to work much faster than autologous breast reconstruction. The drawbacks are that  it requires an implant and multiple surgeries. If a patient has radiation to the chest wall, implant base breast reconstruction will not be the best option due to higher rates of complications.

**Fat grafting**

Fat grafting is a great breast reconstruction technique to provide additional volume in an already reconstructed breast mound or correct contour deformity in a previous lumpectomy defect. The fat is harvested using a gentle suctioning technique and carefully injected into the breast to correct any contour deformity. There is no major scar associated with this technique.

**Page 7**

Breast Reconstruction and Cost

Navigating insurance policies can be daunting and stressful, so our staff is devoted to ensuring that our patients are secure and informed about their options and that their medical team is advocating on their behalf. Because of legislation passed in 1998, insurance companies must cover breast reconstruction following mastectomy. By law a woman is entitled to reconstructed breasts, breast symmetry and any future surgery needed to revise the primary reconstruction. We work to ensure our patients completely understand their right to coverage as well as the financial implications of any decisions they choose to make. We want to make sure that breast reconstruction is affordable and accessible to all women.

**Page 8**

**The face**

Face lift

Different people age at different rates depending on their genetic makeup and level of sun exposure in their youth. The time to look into your surgical options is when you feel that there are aspects of your facial appearance that you would like to improve. Often, it is when your exterior does not reflect your internal youth and vitality. There are different techniques with facelift surgery and these can be tailored to meet the needs of each patient; from a “mini” facelift for a patient in their 40s to a more extensive operation for a patient in their 70s. Dr. Goldberg’s goal is to make you look refreshed but not different or “operated.”

Botox

This product is a quick pick me up. Botox can help to improve a patient’s appearance, soften “frown” lines and elevate drooping brows all in the course of a two minute treatment.

Facial fillers

Dr. Goldberg uses fillers to target different aging areas of the face. It is often called the lunch time face lift. These products are great for plumping thin lips, softening smile lines, filling facial wrinkles or enhancing cheeks

**Page 9**

**Body**

**Tummy tuck**

Often times pregnancy can weaken the abdominal muscles and can result in excess saggy skin. This procedure is used to rejuvenate the abdomen by repairing abdominal muscle laxity and remove excess skin and fat and is often combined with liposuction for added contour.

**Liposuction**

Whether because of inactivity, less than fantastic dietary habits, or just as an unfortunate and often inescapable part of growing older, many people find themselves developing a bit of extra, unwanted fat here and there. Liposuction is an excellent technique to sculpt the body that you have always dreamed of and attack stubborn areas of fat. Dr. Goldberg is well known for her liposculpture technique and is one of the best in Beverly Hills.