

Checking In On Your Recovery

Your recovery doesn't stop when you leave the hospital. Some symptoms, like numbness, arm swelling, ongoing pain, or shoulder tightness, can show up weeks, months, or even years after treatment and surgery. Many patients don't know these symptoms are common—or that they can be treated.

This form takes about 3 minutes. Please answer honestly. There are no wrong answers, and your answers can help your doctor know how to help you.

20–30%+

Of patients who have lymph nodes removed develop lymphedema, especially after radiation.

20–50%

Of patients have ongoing pain (PMPS) lasting more than 3 months after surgery.

Early is Easier

Catching symptoms early often means simpler, easier treatment.

ALSO COMMON AFTER BREAST CANCER SURGERY & RECONSTRUCTION — SHOULDER & NERVE SYMPTOMS

~2 in 3

Patients have shoulder blade misalignment that often goes unrecognized.

~3 in 4

Have abnormal shoulder blade movement — this is common, not rare.

~1 in 3

Develop nerve-related pain in the first year after breast cancer surgery and reconstruction.

Up to 65%

Report numbness in the arm or underarm along with ongoing pain.

Aching or Swelling in Arm, Hand, or Chest

(Lymphedema) — answer about the side where you had surgery.

1. Have you noticed aching, heaviness, fullness, or swelling in your arm, hand, or chest?

☐ Yes ☐ No ☐ Not sure

2. Does your skin feel tight, thick, or warm on one side?

☐ Yes ☐ No ☐ Not sure

3. Do your rings, sleeves, or bras feel tighter on the side where you had surgery?

☐ Yes ☐ No ☐ Not sure

4. Have you had redness, infection, or a warm, painful area in your arm or chest more than once?

☐ Yes ☐ No ☐ Not sure

5. Does the swelling get worse in heat, after travel, or by the end of the day?

☐ Yes ☐ No ☐ Not sure

Pain or Nerve Symptoms

(PMPS) — answer about chest, underarm, or arm on the surgery side.

6. Have you had pain for more than 3 months since your surgery?

☐ Yes ☐ No ☐ Not sure

7. Do you feel burning, shooting, electric, or "zapping" pain?

☐ Yes ☐ No ☐ Not sure

8. Do you feel numbness mixed with pain, or pain when clothing touches your skin?

☐ Yes ☐ No ☐ Not sure

9. Does the pain get in the way of your sleep, work, exercise, or intimacy?

☐ Yes ☐ No ☐ Not sure

10. Do you have numbness in your hands or feet?

☐ Yes ☐ No ☐ Not sure

If yes, where? ☐ Arm(s) ☐ Hand(s) ☐ Feet

11. Has anyone told you this pain or numbness is "normal," even though it hasn't gone away?

☐ Yes ☐ No ☐ Not sure

Tightness or Loss of Motion

— answer about the shoulder, arm, neck, or back on the surgery side.

12. Do you have pain or tightness in your shoulder, arm, neck, or upper back?

☐ Yes ☐ No ☐ Not sure

13. Is it hard or painful to move your shoulder fully in any direction?

☐ Yes ☐ No ☐ Not sure

Even one "yes" matters.

You are not alone—many patients have these symptoms without knowing they can be treated. Sharing your answers with your doctor is a good first step. Consulting with a PRMA surgeon is an easy next step and could save you years of unnecessary swelling or pain.

Your Information

Your name

Today's date

Date of surgery (if known)

Your doctor's name

Special notes for PRMA referral team

About PRMA

PRMA Plastic Surgery is one of the few centers in the country that treats **both lymphedema and long-term pain** after breast reconstruction. Our team has over 30 years of experience and has helped more than 15,000 patients.

Meet the Doctors Who Can Help You

AF

Dr. Anton Fries

LYMPHATIC PROGRAM

Dr. Fries treats lymphedema at every stage. He offers **LVA** and **lymph node transfer** techniques that help your body drain fluid naturally again. The earlier you are seen, the simpler treatment tends to be.

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LEARN MORE

TM

Dr. Tyler Merceron

PMPS PROGRAM · CHRONIC PAIN

Dr. Merceron treats ongoing pain after mastectomy or reconstruction. He finds the exact nerves causing your pain and treats them at the source. His goal is **lasting relief** and improved mobility, not just pain management.

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Years of dedicated breast reconstruction experience.

15,000+

Patients helped, including complex cases.

How to Get Started

Share this form with your doctor. If your doctor refers you, PRMA will handle scheduling, insurance, and paperwork for you.

You can also reach out directly. Call us at **210-624-8763** or visit **prma-enhance.com**. PRMA welcomes patients from across the country, with travel support available if you live far away.

This form is designed to help you notice symptoms and start a conversation with your doctor. It is not a diagnosis and does not replace medical advice.

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