

Checking In On Your Recovery

Your recovery doesn't stop when you leave the hospital. Some symptoms, like arm swelling or ongoing pain, can show up weeks, months, or even years after 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.

Swelling in Arm, Hand, or Chest

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

1. Have you noticed swelling, heaviness, or fullness 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. Has anyone told you this pain is "normal," even though it hasn't gone away?

☐ Yes ☐ No ☐ Not sure

How is Your Recovery Going Overall?

Overall, how would you describe your recovery so far?

☐ Better than expected ☐ About what I expected ☐ Harder than expected ☐ Not sure

Anything else—physical or emotional—you'd like your doctor to know?

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. A referral to PRMA costs nothing to explore, and it could save you years of unnecessary swelling or pain.

Your Information

Your name _____

Date of surgery (if known) _____ Today's date _____

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. Two surgeons work on every case. Our team has over 30 years of experience and has helped more than 15,000 patients.

Meet the Doctors Who Can Help You



Dr. Anton Fries

LYMPHATIC PROGRAM

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



SCAN TO LEARN MORE



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**, not just pain management.



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30+ Years

Of dedicated breast reconstruction experience.

15,000+

Patients helped, including complex cases.

2 Surgeons

Work on every procedure for your safety.

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.