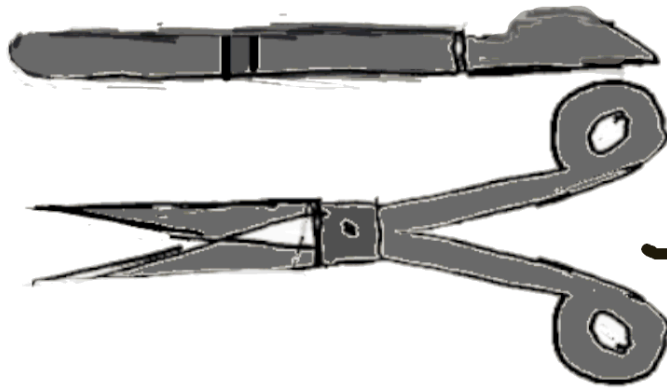


I remember going for my annual mammogram and it revealed something suspiciously cancerous. I was notified that additional testing like an ultrasound was needed. The physician on call met with me shortly after to reassure me that the breast lump was a result of my prior surgery. It's hard to say what was more distressing; the lump itself, the cancer scare or being uninformed.

1. Being



It results any time fat cells die after surgery; usually after breast surgery or liposuction. It often leads to things like:

- \*tender lumps under the skin
- \*bruising
- \*discoloration
- \*pain or discomfort
- \*being mistaken for more serious conditions like cancer

Thank for reading!  
Discord: just.bisha

Ironically, my plastic surgeon ran the spectrum of possibilities like scarring, infection and nerve damage but not fat necrosis. Other things that it's good to watch for includes: hematomas, seromas and blood clots. Nevertheless, fat necrosis often resolves itself; however, my golf ball size hasn't so far but I've accepted this benign inflammatory condition as having been part of the process.

BRK

# Benign but Not Nothing: The Plastic Surgery Edition

COVER



While I'm not sure what sticks out the most: the fact that my doctor came to my consultation with a set of 3 spaghetti strainers and asked me to pick the breast size I wanted to be, how triggering the healing journey was or the arch enemy - fat necrosis. The latter is a complication that may result post surgery and we don't exactly see it gleaming at us from all the shiny ad photos on the net.

1. Being

