

Information leaflet for people who are considering undergoing breast augmentation surgery.

Bey By Bergman Clinics - May 2023

In this leaflet, you will read information about breast augmentation (breast enlargement): why and when to undergo the procedure, the consultation, the preparation, the surgery, the period after the procedure, the result and lastly, potential complications and risks. Your personal situation and options for treatment can only be discussed during a personal conversation. This leaflet serves as preparation and/or addition to your conversation with the plastic surgeon.

Why and when

Some women find that their breasts grow smaller or less firm after pregnancy or weight loss. Other women have not experienced much breast development since the start of puberty. Breasts can also start to sag, because the firm glandular tissue in the breast is replaced by fatty tissue over the years and the elasticity of the skin decreases. If you are experiencing any of the problems listed above and this lack of breast volume bothers you, you have a good reason to consider breast augmentation (breast enlargement). This involves enlarging the breasts through the insertion of a breast implant (breast prosthesis). Most plastic surgeons work with different types of breast implants, including breast implants with a round shape or a teardrop shape ('anatomical implants'). All breast implants are filled with a thick silicone gel. Women whose breasts have not yet stopped growing cannot yet undergo breast enlargement surgery. Furthermore, breast enlargement surgery is never performed on patients under the age of eighteen years.

Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes and complaints. The doctor will examine your breasts, measure the dimensions of your breast (height, width and cup size) and will then discuss with you whether breast enlargement surgery will suffice to resolve your problem. Next, all your questions will be answered and you will receive the most detailed possible information about the preparation, the procedure, the expected result, the breast implants and the complications that may arise. After all, you may be disappointed with the result if you go into the procedure with the wrong idea.

Among other things, you will receive information on the type of implants which can be used (round or anatomical), and on the possible dimensions and corresponding volume. The dimensions and shape of the implant determine the volume and the resulting new cup size. Finally, the method which will be used to insert the breast implant will also be discussed in detail. It is possible to insert the breast implant under the muscle, under the breast tissue, or under both the muscle and the breast tissue (so-called 'dual plane'). This depends on the thickness of your own tissue.

An external fitting implant will give you an impression of the effect that a certain volume of breast implant will have on your appearance. The fitting will take place during the consultation. A 3D simulation (a three-dimensional image) will often be used, which will allow you to see on your own body how your new breasts will relate to the rest of your body. This simulation does not offer a guarantee of the result that will be achieved.

If the plastic surgeon is not convinced that your problem can be adequately resolved, he/she will discuss this with you. If possible, the surgeon will propose a different solution (for example, breast enlargement surgery combined with a breast lift procedure). If you wish, you can be referred to a colleague for a second opinion.

Cosmetic surgery is not covered by health insurance. Reimbursement of medically necessary surgery depends on the criteria set by the healthcare insurance company for this procedure. You can consult your healthcare insurance company and/or policy terms and conditions to check these criteria. The specialist cannot deviate from these criteria. The current rules for reimbursement may change in the future.

Shape and content of the implants

There are many types of implants that can be used for breast augmentation surgery. They differ in size, shape and filling. Usually breast implants are used that consist of a bag of silicone rubber filled with silicone gel: these implants feel most natural and are less likely to fold than a breast implant filled with water. This is the reason why most women opt for an implant filled with silicone gel.

The implant can have a round or anatomical (droplet) shape. A round implant is usually very suitable, particularly if you naturally have a normal breast shape. It provides a bit more filling in the top part of the breast and amplifies the normal shape. If the round implant rotates, the shape of the breast will remain the same. An anatomical (droplet-shaped) implant is more suitable when the breast shape is less obvious. The implant improves the filling of the lower part of the breast in particular. A droplet-shaped implant can visibly rotate, but fortunately this is not common (maximum of 3 to 5% of cases). The only solution then is to remove the droplet-shaped implant and replace it with a round implant.

Size of the breast implants

You will decide together with the plastic surgeon which type of implants will be used. The size of the implant is also important in this decision. The most natural and attractive result is obtained when the new breasts fit in with the rest of your body. The size of your breast (width and height) mainly determines the size of the breast implant, but factors such as skin elasticity, the amount of own breast and bone tissue, the size of your chest and your physique also play a role. It is not possible to guarantee an exact size or cup size of the breasts.

Palpability and visibility of the breast implants

If you absolutely do not want to be able to feel your breast implants, the plastic surgeon will recommend against undergoing breast augmentation surgery. Breast implants can always be felt under certain conditions -- for example, if you have very little breast tissue of your own or if the skin of your breasts is thin. The thickness and quality of your own breast tissue or breast skin can even decrease somewhat over time. If you do want to undergo breast augmentation surgery, but do not wish to have breast implants, lipofilling for breast augmentation surgery may be an option for you. In this procedure, your own fat is used to enlarge your breasts. Fat cells are effectively transplanted, with fat being harvested from a certain area of your body and injected into the breasts. The effect is often less dramatic than the effect of breast augmentation surgery involving the use of breast implants. Please also read the information leaflet about lipofilling for breast augmentation surgery for more information about this.

Effects on health

There are many misconceptions about the use of silicone. Scientific research has never confirmed that silicone has a direct harmful effect on a person's health; there is no direct link between silicone and an increased risk of breast cancer, auto-immune diseases or other health problems. However, studies in recent years have demonstrated that breast implants pose a small risk of developing Anaplastic Large Cell Lymphoma (ALCL), a disease that is malignant, but can be treated effectively when it develops around a breast implant. The disease often manifests as a swelling of the breast or in the breast. If you think that you have this disease, you must always have it examined and return to the

plastic surgeon. A swelling of the breast or in the breast does not necessarily mean that you have ALCL, but there is a chance that you have it; this is why further tests are necessary. The Netherlands Association for Plastic Surgery and the Health Council of the Netherlands are of the opinion that breast augmentation surgery involving the use of silicone implants is a medically safe procedure. As with all other types of surgery, the benefits of inserting breast implants must be carefully weighed against the disadvantages and risks. The plastic surgeon will discuss all these with you in detail.

Lifespan of the breast implants

The exact lifespan of breast implants is not known. Eventually the casing around the breast implant will break. Often you will not even notice this, because the silicone gel that is used nowadays is sturdier and will initially remain within the body's own casing (which always forms around the implant). The first sign that the breast implant has broken is often a swollen lymph node in the armpit or in the area surrounding the breast. When this happens, or when an examination reveals that a breast implant is leaking, then it is sensible to have the implants replaced.

Additional information regarding breast implants can be obtained from the manufacturers of the relevant implants. If you still have questions after reading this leaflet, Bey by Bergman Clinics can provide you with the manufacturer's information leaflet for the breast implant in question. This leaflet may help you make a carefully considered decision about whether or not to undergo breast augmentation surgery.

The implants that are used have been approved by the Ministry of Health, Welfare and Sport and are continuously tested based on insights obtained from scientific studies. Bey by Bergman Clinics and/or the treating doctor cannot be held liable for any tears, damage or other defects of the implant that occur, provided that these have not been caused by the doctor / Bey by Bergman Clinics. The client should contact the manufacturer of the relevant breast implant directly for any restitution/compensation for direct and indirect damages, without this resulting in any obligation for Bey by Bergman Clinics and/or the treating doctor to perform a new surgery, for any other fee than the currently applicable rate. The clinic will cover the costs resulting from complications due to infection or post-op bleeding.

Your own responsibilities prior to your surgery:

You should observe a number of preparations in the period prior to your surgery, such as:

- **Stopping blood thinners (anticoagulants):**
You may need to stop taking your blood-thinning medication prior to the surgery. The plastic surgeon will inform you about this. In addition, you attended a pre-operative screening with the anaesthesiology assistant several weeks prior to your surgery, in which your health and the medication policy were discussed. This included a discussion of which blood-thinning medication you need to stop using (temporarily). If your prescribing physician does not approve the temporary discontinuation of blood-thinning medication, then the scheduled surgery cannot take place at Bey by Bergman Clinics.
- **Submit your general medication overview (GMO):**
If you are using medication, this overview can be obtained from your pharmacy. You can also give us permission to share your medication details via the National Exchange Point.
- **Submit the signed Informed Consent Form:**
You will receive this form once your surgery has been scheduled.
- **Pay the invoice according to the terms of payment*.**

ALCOHOL POLICY:

- No alcohol for 48 hours before surgery and 2 weeks after surgery.

SMOKING POLICY:

- Smoking has a negative effect on wound healing.
- No smoking for 4 weeks before surgery and 4 weeks after surgery.

NAIL VARNISH POLICY:

- There is no need to remove nail varnish, gel nails or acrylic nails prior to the surgery.

DRUGS POLICY:

- Use of drugs like XTC, methamphetamine, heroin or cocaine must be stopped at least 1 week before surgery. This can otherwise cause severe heart rhythm disorders during the operation or reduce the effect of anaesthetics. This does not apply to prescription amphetamine use for AD(H)D.
- The same rules as for smoking apply to cannabis.

FASTING POLICY:

- Please refer to the anaesthesiology leaflet for the fasting policy.

Good idea to purchase before the surgery:

- Paracetamol 500 mg, 2 tablets 4x daily
- Naproxen (Aleve) 250 mg 2x daily, if necessary (reduce this pain medication before paracetamol)
- Pantoprazole (gastric protector) 20 mg 1x daily (with use of Naproxen)
- Cotton sanitary pads
- Non-sterile gauze

The surgery

- The plastic surgeon will draw on your breasts just before surgery.
- You will then be placed under general anaesthesia and the surgical field will be disinfected and covered with sterile drapes.
- An incision measuring about five to six centimetres will then be made on the underside of your breast.
- A space is then created for the implant, between the breast tissue and the large chest muscle or between the large chest muscle and the chest wall.
- The plastic surgeon usually opts for the 'dual plane' method, as the skin and the breast tissue usually become thinner over time. This method ensures that the prosthesis remains properly covered by tissue and is therefore less visible.
- Once the cavity has been created, the implant will be inserted. The wound is then sutured, mostly using subcutaneous soluble sutures.

If you are allowed home, somebody must accompany you home. You may not drive a vehicle yourself. We also recommend that you do not spend the first 24 hours alone at home.

After the procedure

You will experience some pain after any procedure. This is normal. The breasts will feel painful and swollen on days 2 and 3, meaning that the pain will be most severe on these days. You can take the prescribed pain medication for this pain. Please contact the number +31 (0)88 9000535 if the pain medication is not sufficient or if the pain increases.

Recovery period

Starting from the day after the surgery, you may:

- Sleep on your back or side.
- Shower on a daily basis at home (you may remove the sports bra whilst showering).
- Use sanitary pads or non-sterile gauze for any oozing of the wound.
- Mobilise according to the pain, listen to your body.
- Increase your activities further each day: from week 2 (after the first outpatient check-up), you can start with physical activity. You can start with training your legs and core, as well as with conditioning or cardio fitness. For upper body training, we recommend waiting until 6 weeks post-surgery. By the way, the sports bra should be worn during all physical activity up to 6 weeks after the procedure. It's important to listen to your body when building up your exercise routine.
- You can start driving and cycling 2 weeks after surgery (this depends on your healthcare insurance company)
- Sauna, bath, swimming pool and exercise after 6 weeks.
- This is an indication of the average recovery period to give you an idea. Your situation may differ from this average.

You will be fitted with a sports bra after the surgery.

You should wear these:

- Day and night during the first 2 weeks
- During the day in weeks 3 and 4
- As required in weeks 5 and 6, you can also wear an underwire/push-up bra then

Leave the plaster covering the scar in place until the first check-up. You will need to use SPF 30 sun cream to protect the scars against the sun during the first year. Ask your specialist about any restrictions in your travel plans after your procedure.

You will visit the nurses and the specialist for check-ups after the surgery. We want to remind you that it is important for you to attend these follow-up appointments. This allows the nurse and the medical specialist to monitor the progress of your recovery. They can also offer advice if you have any questions regarding the information provided above.

The result

Sometimes the breasts do not achieve their final shape immediately. The breast will still be a little swollen and taut. The tissue needs time to stretch sufficiently and adjust to the volume and shape of the implant that has been inserted. During the check-up the plastic surgeon will evaluate the result of the breast augmentation surgery with you.

Following the surgery, you will only have a scar in the fold under the breast. In most cases, this is barely noticeable. It is impossible to predict how the scars will heal. The scars will initially be fiery and red. They will fade over time. The final state of the scars depends – among other factors – on your skin and your healing process.

Breast augmentation surgery does not affect the function of the breast. Most women are able to breastfeed after undergoing the procedure. Bumping into something or being pushed will almost never have any detrimental effects on the breast implant. Virtually all implants will exhibit some wear and tear over time. If the breast implant breaks, it will need to be replaced. This requires further surgery, in which the old breast implants are replaced by new ones. We recommend that you schedule a check-up with the plastic surgeon if you have any problems or concerns.

Undergoing breast augmentation surgery will not affect your ability to be examined properly for lumps or other abnormalities. The breast implant does cast a shadow on X-rays. If you have a mammogram, you must mention that you have breast implants, because sometimes extra X-rays will be performed.

Most women are satisfied with the result. Unfortunately, the result is not always permanent. Changes in the shape of the breast can occur as a result of ageing, weight loss, weight gain, pregnancy, menopause or other circumstances. Sagging of the breast is a natural phenomenon that occurs in all breasts over time. Perhaps you are not satisfied with the result, for example because you had different expectations. Please be sure to mention this.

Complications and risks

During the course of your procedure, the plastic surgeon will devote his/her utmost attention to you. However, complications do unfortunately occur: no procedure is entirely free of the risk of complications. The normal risks of surgery – such as thrombosis, pulmonary embolism, post-operative bleeding and wound infection – also apply to this surgery. Complications specific to this type of procedure may also occur:

- The most common complication after breast augmentation surgery is post-operative bleeding (a chance of 1% to 2%). This will result in extra swelling and pain. Post-operative bleeding usually occurs within the first hours after the surgery. If you experience any bleeding, you will require further surgery to remove the excess blood and to stop the bleeding.
- The body always forms a capsule of connective tissue around the implant. This capsule behaves differently in different people. Some women experience shrinkage of the capsule over the course of several months to years (about 10-12% over 10 years), causing the shape of the breasts to become less attractive. The breasts feel unnatural and stiff to the touch and can be painful. Sometimes further surgery is required.
- In rare cases an implant will break prematurely. Sometimes it will feel as if something has 'popped' in the breast and/or the breast will feel different or the shape will change. A broken breast implant always needs to be replaced.
- It is not possible to guarantee that the breasts will be one hundred percent identical (symmetrical). An extra surgery is sometimes required to attempt to improve the symmetry.
- The nipples can be either more or less sensitive after the surgery, as nerves towards the nipple were irritated during the process of creating a cavity for the breast implant. The sensation usually returns to normal within a few months. However, this is not always the case.
- The breast implant can sag over time, or it can shift upwards. This can be corrected with surgery.
- An anatomical implant can rotate or the implant can flip 'back to front' over time. Sometimes the plastic surgeon can resolve this easily without surgery by moving the implant with his/her hands. If this is not successful, further surgery will be required.
- Palpable or visible wrinkles and folds can occur in the breast implants or in the skin of the breast. Some wrinkling is normal and to be expected with silicone breast implants.
- If you develop an infection, you will develop a fever and the breast will become red. The breast implant will need to be removed and the wound will need to be irrigated (flushed out). You will then need to wait several months before undergoing breast augmentation surgery again.
- In very rare cases, an allergic reaction to the anaesthetic or the breast implant can occur.
- Having breast implants is also associated with a risk of the so-called BIA-ALCL: the breast implant associated Anaplastic Large Cell Lymphoma. This is a malignant form of a type of lymphoma, which develops around the breast implant: symptoms include fluid accumulation or a lump in the breast. This can be easily diagnosed when this occurs. The treatment consists of the removal of the breast implant, the entire lump and the capsule. Deciding not to treat BIA-ALCL can ultimately be fatal. Your risk of developing BIA-ALCL cannot be determined exactly, but the latest studies estimate the risk at 1 in 7000 over 50 years of having a breast implant.

Always contact us after surgery in the following cases:

- A hole in the wound area with wound exudate leaking out (even without fever)
- Significantly increased swelling of the wound or the surgical area
- Pain, if the pain medication does not help or the pain even increases
- Redness and swelling of the wound
- Feeling ill and/or a fever, above 38°C (measured via the anus)

- Persistent nausea
- Acute tightness across the chest
- Acute pain in the leg, possibly with swelling
- Being unable to urinate, whilst drinking normal quantities

Concerns or doubts

We can be contacted for emergencies 24 hours per day, via +31 (0)88 9000 567.

For non-urgent matters, please call +31 (0)88 9000 535 during office hours.

More information

If you have any further questions after reading this leaflet, you can ask your plastic surgeon to answer these questions at any time. You can schedule an appointment for a consultation. You can contact the clinic on telephone number +31 (0)88 9000500 to schedule an appointment. It can be useful to have your questions written down on paper before the consultation.

Complaints and privacy regulations

Bey by Bergman Clinics has complaints and privacy regulations in place. A copy of these regulations can be obtained from our locations and on our website www.beyclinics.nl.

Cooling-off period

Bey by Bergman Clinics acts in accordance with the guidelines of the NVPC and thus grants its clients a 'cooling-off' period. This is the time between the first consultation in which the procedure is proposed and the decision to continue with the procedure. We give our clients one week to make up their minds about cosmetic surgical procedures.

Terms and conditions of payment

The first instalment of 25% of the treatment fee must be paid within 5 days after receipt of the invoice. The remainder of the treatment fee should be received by us no later than 4 weeks prior to the surgery date. Cash payments are only possible following agreement with your consultant.

If your surgery has been approved by your health insurance company, you are responsible for reading the terms and conditions of your insurance policy to check that the insurer will refund the entire amount of the surgery fee.

Cancellation policy

You must cancel your surgery in writing. Cancellation within 3 weeks prior to your surgery will result in costs already incurred to the sum of 25% of the costs of surgery being billed to you. Cancellation within 48 hours prior to the agreed date of surgery is only permitted in the case of absolute and demonstrable force majeure. In all other cases of non-insured care, you will be billed for 100% of the agreed treatment costs. In the case of a procedure whose costs are borne by your health insurance company, your procedure cannot be rescheduled at Bey by Bergman Clinics. The aforementioned cancellation policy also applies if the surgery cannot be performed due to failure on your part to fulfil your responsibilities as listed in this leaflet.

Finally

This leaflet serves as preparation and as a supplement to the conversation with the plastic surgeon and as a 'reference' for after the surgery. However, such a description can never apply completely to each individual situation. Plastic and aesthetic surgery is not an exact science; this written information should in no way be construed as a guarantee for the course of events and result of your procedure.