

# Information leaflet for people who are considering undergoing lipofilling.

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about lipofilling: why and when to go undergo the procedure, the consultation, the preparation, the surgery, the period after the procedure, the result, and lastly, the complications and risks that may arise. 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

The ageing process or a genetic predisposition can cause the loss of fat from certain parts of the face, resulting in a sunken face and/or deep wrinkles. A localised 'dent' can also develop in the subcutaneous tissue in some areas of the body, for example due to a previous injury or prior surgery. In addition, some women experience a lack of volume in breasts or buttocks. In all these cases, it is often possible to supplement the tissue deficit with the person's own fat, for example from abdomen, legs or flanks (sides of your body). This is also called 'lipofilling' or 'lipostructure'. This type of procedure is not suitable for every 'dent' or wrinkle. In addition, often more than one procedure is required to achieve an optimum result.

Lipofilling/lipostructure procedures are often performed in combination with a mid-face lift or a face/neck lift, to restore volume in the face and to improve the appearance of the skin. Lipofilling is also used as a method to enlarge your breasts without implants or in combination with breast implants.

## Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes and complaints. The plastic surgeon will examine the areas in which a loss of fat has developed and will evaluate whether enough fat can be harvested to achieve your desired result by means of lipofilling. Next, your questions will be answered and you will receive the most detailed possible information about the preparation, the procedure, the expected result, the after-treatment and the possible complications. After all, you may be disappointed with the result if you go into the procedure with the wrong idea.

If the plastic surgeon is not convinced that your problem can be adequately resolved, he/she will discuss this with you, as well. If possible, the surgeon will propose a different solution (for example a mid-face lift, a face lift or an injection of hyaluronic acid). 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.

## 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)
- Non-sterile gauze

## The surgery

- The plastic surgeon will draw on the area of your body that will be treated just before surgery and will also mark the area where the fat will be removed.
- The surgical field will then be disinfected and covered with sterile drapes.
- A liquid that numbs the area and reduces bleeding to a minimum is then injected into the area in question via small incisions measuring about half a centimetre in an inconspicuous location.

- Very thin tubes (special suction cannulas for lipofilling) under low vacuum (with low force to ensure that the fat cells are damaged as little as possible) are used to remove the fat.
- The fatty tissue is then centrifuged to remove any excess liquid. The plastic surgeon then injects the 'clean' fat using different very fine tubes (cannulas) into the area requiring treatment. The area is often filled a little more than necessary, as some of the fat disappears over time (about 30-50%).
- Once the desired result has been achieved, the incisions are sutured.

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**

Most people do not consider the area treated with lipofilling to be painful, but the donor area may feel sore. This is normal. The pain will decrease over the course of a few days. After the surgery, some wound exudate often leaks from the small skin incisions in the areas where the fat was harvested. This usually stops after 1 to 2 days. Prepare your bed by placing pads or a plastic sheet on the bed to protect the mattress. There will be no leakage of liquid or fat from the area where the fat was injected. The treated area can be somewhat swollen and you can develop bruising. You should not touch the lipofilling area and you should not apply pressure. You can take the prescribed pain medication if you experience any 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 again at home.
- 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.
- You can start driving and cycling 1 week after surgery (this depends on your healthcare insurance company).
- Sauna, bath, swimming pool and exercise after 6 weeks.

Pressure garment after lipofilling of breasts:

- For the first 6 weeks you will wear a top instead of a bra.

It is important to use SPF 30 or 50 sun cream to protect the scars against the sun during the first year. Ask your specialist about factors that you need to take into consideration 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**

The plastic surgeon can determine the final result of the procedure after approximately three to six months. The initial increase in volume that is achieved will gradually decrease by about 30% during the first 3 to 12 weeks. The increase in volume that is achieved with lipofilling will result in an improvement, but perfection cannot be achieved. Sometimes more filling is required locally, or the result is asymmetrical. 80% of treated clients are satisfied after one lipofilling procedure. The remaining 20% of clients opt to undergo an additional lipofilling procedure to achieve further improvement. You will have to pay for the costs of any additional lipofilling procedure that you wish to undergo.

The aim of liposuction of the donor area on the one hand is to relocate as many living cells as possible and to keep them alive for an optimum result. On the other hand, the donor area needs to be used as evenly as possible, without causing any visible undesirable irregularities. The results of liposculpture on a donor area cannot be compared to the results of a liposculpture procedure performed for cosmetic reasons. Perhaps you are not satisfied with the result, for example because you had different expectations. Please be sure to mention this.

## Complications and risks

The plastic surgeon always invests a great deal of time, care and personal attention in your treatment. 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-op bleeding and wound infection – also apply to this surgery. Specific complications can also occur:

- There is a very low risk of more than normal bruising after the procedure. This bruising usually disappears of its own accord.
- The wounds will form small scars. Initially these scars will be slightly red, often turning white in colour later on. Often these scars are barely noticeable
- It is not possible to guarantee that the result will be one hundred percent identical (symmetrical) and perfectly corrected after 1 procedure.
- Residual swelling and hardening can sometimes be present and may only resolve after weeks or even months.
- The sensation in the skin of the treated area and near the scars is often reduced or absent. This generally does not cause problems. The sensation often recovers partially over the course of the years.
- In rare cases, pain can occur as a result of a nerve contusion
- In very rare cases an infection occurs in the treated area. This does not happen often. If this does happen, it usually only occurs one or two weeks after the surgery. You can start to feel ill, though this is not necessarily always the case: the treated area can be swollen and red and the wounds can open up, causing them to ooze pus and old blood.
- You must contact us if you start to feel ill, if the wound becomes red and/or if you develop a fever.
- In very rare cases, an allergic reaction to the anaesthetic can occur.

## Always contact us after surgery in the following cases:

- 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](http://www.beyclinics.nl).

## **Cooling-off period**

Bey by Bergman Clinics acts according to the guidelines of the NVPC and thus implements a 'cooling-off' period. This is the time between the first consultation in which the treatment is proposed and the decision to continue with the treatment. We implement a cooling-off period of one week for a cosmetic surgical procedure.

## **Terms and conditions of payment\***

The first instalment of 25% of the treatment costs must be paid within 5 days after receipt of the invoice. The remainder of the treatment costs 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 healthcare insurance company, then you are responsible for reading the terms and conditions of your insurance policy to check that they will reimburse 100% of the costs of your surgery.

## **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 treatment that is reimbursed by your healthcare insurance company, your treatment 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 the result of your procedure.