

Information leaflet for people who are considering undergoing lipofilling of the breasts.

Bey By Bergman Clinics - May 2023

In this leaflet, you will read information about lipofilling of the breasts: why and when to 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

Following a pregnancy, weight loss or your genetic predisposition, the volume of your breasts is perhaps no longer consistent with the rest of your physique. The size of your breasts can be increased using breast implants, but this can also be achieved by relocating your own body fat. The breast tissue can be augmented using fat, for example, from your abdomen, legs or sides. The plastic surgeon can determine whether you have sufficient fat stores and will explain how much fat generally survives after relocation to new area of your body after a lipofilling procedure.

Unfortunately, this procedure is not an option if you do not have sufficient fat stores available. At most, 60-70% of the relocated fat will survive. If you want to have your breasts enlarged using your own body fat, you should realise that a second procedure may be required to achieve the sufficient result. The predictability of the outcome of this procedure is lower than the result after a breast augmentation using breast implants. This is because we depend on the reaction of your body to the procedure. A specific result cannot be guaranteed, only the best possible information can be provided regarding the expected outcome. Also, the cleavage may not be as prominent compared to the use of a breast implant. In the long term, the transferred fat that has grown in may behave similarly to other body fat, responding to weight gain and loss.

The transfer of the patient's own fat will not be done in very large amounts at once. This is necessary to ensure that all fat cells receive a new blood supply. For women over 40 years old, it is important to have a mammogram before the treatment to ensure that there are no abnormalities in the breast that need to be treated. After the lipofilling treatment, the breasts may be slightly less visible on a mammogram for one year.

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 your breasts and will check where from your body the fat can best be harvested. 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 by lipofilling, he/she will discuss this with you, as well. In that case, other breast enlargement options will be discussed. 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.
- If you smoke, this procedure is not beneficial because the transplanted fat cannot grow. You are not eligible for this procedure.
- For this surgery, you must not smoke or use nicotine-containing products such as e-cigarettes or patches for at least 8 weeks before and after the procedure.

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
- Cotton sanitary pads

The surgery

- The plastic surgeon will draw on your breasts just before surgery and will also mark the area where the fat will be removed
- The area 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 via small incisions measuring about half a centimetre in an usually 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 fat is then processed and prepared for use. The plastic surgeon then injects the 'clean' fat using different very fine tubes (cannulas) into the area requiring treatment: your breasts. The area is often filled a little more than necessary, as some of the fat disappears over time (about 30-40%).
- 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. The donor area can feel sore. 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. 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.
- 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).
- You can go to the sauna/swimming pool, bathe and exercise after 6 weeks.

Clothing after lipofilling of breasts:

- Immediately after surgery (brought from home) and for the first 6 weeks you will wear a top that is not too tight-fitting instead of a bra. After the procedure, you will be given a pressure garment to wear on the area where fat has been removed.

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

The plastic surgeon can determine the final result of the lipofilling of your breasts after approximately 3 to 6 months. The initial increase in volume that is achieved will gradually decrease by about 30% to 40% during the first 3 to 12 weeks. The lipofilling results in an increase in volume immediately after the procedure, but this will partially decrease over time. A second lipofilling procedure may be required to achieve your desired result.

About 80% of treated clients are satisfied with the result after 1 procedure. The remaining 20% of clients opt to undergo an additional lipofilling procedure. 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 harvested as evenly as possible and it is necessary to avoid any visible undesirable irregularities.

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-operative bleeding and wound infection – also apply to this surgery. Complications specific to this type of procedure may 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 may 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.
- Sometimes it happens that the transferred fat changes into a cyst or a scar bump. This does not happen very often.

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.

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 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.