

Information leaflet for people who are considering undergoing breast implant revision surgery.

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about the removal of your old breast implants: 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

The capsule that forms around a breast implant can become harder over time (so-called capsule contraction). Sometimes this will result in visible distortion of the breast, or it can cause pain and result in the breast feeling unnaturally hard.

Examinations of your breast can also reveal that one or both breast implant(s) is/are leaking. If you are experiencing any of the problems listed above, this is a good reason to have both breast implants replaced and to have the hard old capsule removed in the case of capsule contracture, or to have the old implants removed and the capsule removed as far as possible; this leaflet will only discuss the removal of old breast implants.

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 current dimensions of your breast (height, width and cup size), feel how hard the capsule is, and will then discuss with you the result of having the implant removed, possibly in combination with removal of a large part of the capsule. Sometimes the removal of the implant will require an additional breast lift and/or lipofilling of the breasts to achieve a more aesthetically pleasing result.

Next, your questions will be answered and you will receive the most detailed possible information: about the preparation, the procedure, the expected result 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 surgeon is not convinced that your problem can be adequately resolved without new implants, breast lift surgery or lipofilling, he/she will discuss this with you, too. If you wish, the doctor can refer you to a colleague for a second opinion.

Breast implant revision surgery is usually covered by your health insurance if you suffer severe complaints and have very hard capsule (grade 4). 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. If you do not meet the insurance criteria, then you will have to pay for the surgery yourself. The clinic will cover the costs resulting from complications due to infection or post-op bleeding.

The removal of the breast implants with capsule involves major surgery with a large internal wound area. Drains are often used and there is always a risk of 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 breast shortly before the surgery.
- You will then receive a general anaesthetic and the capsule and cavity are accessed – often via the old scar under the breast (five to six centimetres in length) – after which the old implant can be removed.
- A drain is often left in place at the end of the surgery if the majority of the old capsule has also been removed during the surgery. A drain is a tube attached to a vacuum bottle, to suction off any excess blood or wound exudate.
- 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 pain will be most severe on days 2 and 3. 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 on a daily basis 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.
- Resume driving and cycling 2 weeks after the surgery (this depends on your healthcare insurance company).
- Sauna, bath, swimming pool and exercise after 6 weeks.

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.

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

Following the removal of the old breast implant and the capsule, the shape of your breasts will be completely different than before the procedure. It is not always possible to predict how attractive or ugly the breast will eventually look; this was discussed with you prior to the procedure. An additional breast lift or lipofilling of the breast is sometimes recommended to achieve a nicer result.

The scars will initially be fiery and red. The scars will fade over time. The final state of the scars depends – among other factors – on your predisposition to forming scar tissue and on time. Changes in the shape of the breast can also occur after removal of the implants 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. Examination for lumps or other abnormalities is also not affected by removal of an implant.

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:

- The most common complication after removal of a breast implant is a post-op bleed (a chance of 1% to 2%). This will result in extra swelling and pain. A post-op bleed usually occurs within the first hours after the surgery. If a major post-op bleed occurs, then you will require further surgery as soon as possible to remove the excess blood and to stop the bleeding.
- Perfect symmetry is never present before surgery and can never be achieved. 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 removing the old capsule
- Some wrinkling of the skin can occur after removal of the old breast implant, because the volume has decreased but the area of skin of your breast has not: this is why a breast lift is sometimes also recommended. If you develop an infection, you will start to feel ill. You will develop a fever and the breast will become red. This is usually resolved by a course of antibiotics
- In very rare cases, an allergic reaction to the anaesthetic or the breast implant 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

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.