

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 breast implant revision surgery: 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, a process that is called 'capsule contraction'. Sometimes this will result in the breast becoming visibly misshapen, or it may 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 and the capsule removed.

Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes, complaints and questions in detail. 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 whether breast implant revision surgery can sufficiently 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 possible complications. After all, you may be disappointed with the result if you go into the procedure with the wrong idea. If your surgeon is not convinced that your problem can be adequately resolved, he/she will discuss that with you, too. If possible, he/she will propose a different solution. If you wish, you can be referred to a colleague for a second opinion.

You will receive an explanation about what kinds of new implants (round or anatomical) can be used, as well as their dimensions and corresponding volume. The dimensions and shape of the new implant will determine the volume and the resulting new cup size. Since you have undergone breast enlargement surgery before, it may not be possible to simulate the situation of your new breast implants very accurately. This can be the case for both the fitting prosthesis and a 3D simulation (a three-dimensional image). If you are satisfied with the volume of your breasts, a new breast implant with similar dimensions and volume will be selected; if you would rather have larger or smaller breasts, implants of a different size can be selected.

Cosmetic surgery is not covered by health insurance. Whether or not you will have the costs of medically necessary surgery refunded by your health insurance company depends on the criteria set by the company for this procedure. For more information on these criteria, consult your health insurance company and/or the terms and conditions specified in your policy documents. Please note that your medical specialist cannot deviate from these criteria. Rules for what procedures are and are not covered under your insurance policy are subject to change.

Breast implants

Shape and nature of the implants

There are many types of implants that can be used in breast enlargement surgery. They differ in size, shape and filling. The breast implants most commonly used consist of a small bag of silicone rubber filled with silicone gel. These are the types of implants that feel most natural and are less likely to fold than breast implants filled with water. This is the reason why most women opt for implants filled with silicone gel. The implants may be round, or alternatively, they may have an anatomical shape (like a teardrop). In breast implant revision surgery, round implants are generally used. These tend to provide a bit more filling in the top part of the breast and amplify the normal shape. If the implant turns, this does not usually cause any problems (which can be the case with teardrop-shaped implants, with the risk of rotation being much higher following breast implant revision surgery, namely >10%).

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 is determined by a number of factors. The current 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 more breast augmentation surgery and will recommend only having the old implants removed, in combination with a breast lift procedure and possibly lipofilling for breast augmentation surgery. Lipofilling is a procedure in which your breasts are enlarged using fat removed from other parts of your body. 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 new breast implants, but it could be a good option for you.

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. ALCL 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 by 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 breast implants

The exact lifespan of new breast implants is not known. Eventually the casing around the new 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). Sometimes the first sign that the breast implant has broken is 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.

If the procedure is to be performed under local anaesthesia:

- no pre-operative screening will be performed by anaesthesiology
- the fasting policy does not apply

The specialist, anaesthesiology technicians, nursing staff, consultant and treatment app can provide more information if you have any questions.

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 on the day of 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.
- Sometimes the old capsule also needs to be removed, if it has become very hard or if the surgeon needs to create more space for the new implant.
- Sometimes the position of the new implant needs to be changed from below the breast tissue to behind the chest muscle, or both under the muscle at the top and behind the breast tissue at the bottom, so-called 'dual plane'. This depends on the old situation and the thickness of the skin and breast tissue.
- A drain is sometimes left in place at the end of the surgery, usually only when 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. Your 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 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.
- Start driving and cycling 2 weeks after surgery (this depends on your healthcare insurance company).
- Take a 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

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 new implants. During the check-up the plastic surgeon will evaluate the result of the implant replacement with you. It is impossible to predict how good or bad the scars will look. 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 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.

Examination for lumps or other abnormalities is also not affected by replacement of an implant. 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.

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 a breast reduction 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.
- The body always forms a new capsule of connective tissue around the implant when it is removed during surgery. This capsule behaves differently in different people. Some women (about 12%) experience shrinkage of the capsule over the course of several months to years, causing the shape of the breasts to become less attractive. The breasts feel unnatural and stiff to the touch and can be painful. Further surgery is sometimes required.
- In rare cases a second breast implant will also rupture 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 ruptured breast implant always needs to be replaced.
- 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 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.
- A newly inserted anatomical implant can rotate or the implant can flip 'back to front' over time again. 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 start to feel ill. 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.

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 9000 535 about this.

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 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 the period 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.