

Lipomodelling

Patient information

What is fat transfer - Lipomodelling?

A dynamic procedure which has gained popularity for correcting contour defects (indents) in different parts of the body. It is now possible to reconstruct a woman's breast using this method following a lumpectomy or a congenital deformity.

What will the operation involve?

Fat is usually taken from the abdominal and thigh area dependent upon the amount of excess fat available.

It is similar to a liposuction operation. It is then centrifuged (spun at a high speed to separate the fat from any liquid) and re-injected into the area to be re-contoured.

The procedure may need to be repeated several times to achieve the required results. The operation normally takes about

1-2 hours, depending on the area that needs to be filled. Patients go home the same day or stay overnight for antibiotics intravenously.

Are there any risks?

Potential risks can include:

- Up to 40% of the fat injected may be reabsorbed by the body
- Therefore, repeated attempts may be needed to get the desired result
- You may experience some lumpy areas in the breast where the fat becomes hard. However, this can improve with massage.

- Bleeding
- Infection
- Swelling and bruising, especially around the abdomen and hips where the fat cells are taken from.

Changes will be seen on the mammograms and it is important that the Radiologists know you have had the procedure when interpreting them.

Who would potentially benefit from this type of operation?

- Women with previous lumpectomy defects
- Tethering of tight skin or scars
- Women who have breast reconstruction but still have an area within the breast that is hollow
- Women who have had breast implants experiencing thin skin due to radiotherapy, especially in the cleavage area
- Women who have had a DIEP or Latissimus Dorsi breast reconstruction but still lack fullness of contour, due to asymmetry (unequal breast size)

What are the alternatives?

Wearing an external partial breast form within your bra.

What happens when I agree to have the procedure?

You will be admitted on the day of surgery and be advised to stop eating and drinking

for **six hours** prior to the operation if you are having a general anaesthetic, ordinarily this can also be performed under a local anaesthetic.

You will be asked to read and sign a consent form. Please be sure to ask any questions you may have before signing.

The surgeon will mark your skin to indicate the position from where the fat will be taken and where it will be added.

The anaesthetist will explain the anaesthetic procedure to you.

Once the operation is complete, you will be nursed in the recovery area until you are awake and alert enough to return to the ward.

Will there be any scarring?

The incisions made to remove the fat are small and normally hidden.

The fat is injected within the naturally occurring skin there may be some irregularity of the fat from the donor site, where the fat is removed from.

How long will I be in hospital?

Often you can go home the same day. However, you may need to stay in hospital for antibiotics, please bring an overnight bag with you.

Will I be in any pain?

You may have discomfort and bruising where the fat is taken from.

Regular painkillers will be given to you whilst in hospital and a weeks supply will be provide on discharge.

What can I do after the operation?

We normally advise you to buy cycling shorts with Lycra as this will help reduce the swelling and bruising around the thigh and buttock area.

You can get back to normal within a couple of days of the operation, but do not over exert yourself or do any heavy lifting for 2 weeks.

When can I drive?

You can drive once you have recovered; however, it is best to check with your insurance company as some will not cover you immediately following an operation.

When can I return to work?

The time you take off work, depends on how quickly you recover from the anaesthetic and the type of work you do. Consult with your practitioner.

How do I care for my wound?

The nurses will check your dressings before you are discharged home.

The dressings will need to stay in place for around 7-10 days; they will need to stay dry.

You may remove them yourself or attend your GP/walk in centre. Stitches will be dissolvable.

You will see the consultant in 4-6 weeks after the operation. This appointment letter will be sent to your home address.

Where should I seek advice?

If you have any concerns within the first 24 hours of discharge you may contact the ward (**See discharge letter for telephone number**)

You may also contact the breast specialist nurses for advice:

0151 529 4082 (mon-fri 9am-5pm)

In an emergency contact NHS direct by dialling **111** from any landline or mobile phone free of charge (**Some areas of the country are still covered by the 0845 4647 service**)

You can also attend your local walk-in centre/A&E department or on-call GP.

Further Information

Breast Cancer Care

Tel: 0808 800 6000 (freephone).

www.breastcancer.co.uk



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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