

Service: Breast Reconstruction

Lipomodelling



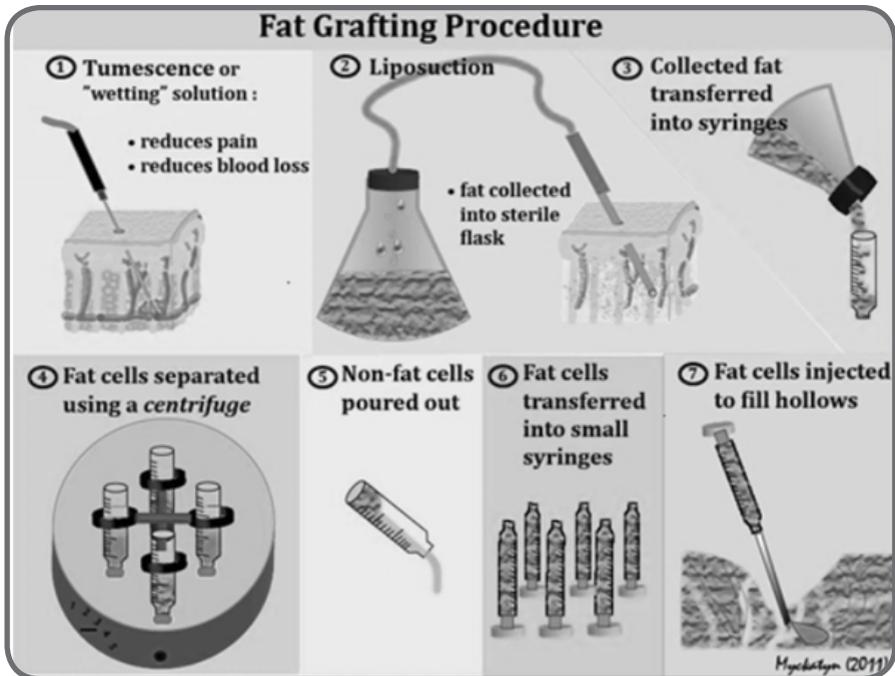
What is Lipomodelling

Lipomodelling may also be called Fat transfer or Lipofilling.

This procedure takes fat from one part of your body and transfers the fat back into another area to enlarge or correct a contour deficit. This procedure may be performed on patients who have had a breast reconstruction.

How is Lipomodelling done?

The fat is removed from the deeper fatty layers, of either your buttocks, abdomen, hips or inner thighs, using a special needle and syringe. This part of the procedure is called liposuction, see figure 2. The removed fat cells are then separated from the body fluid using special equipment called Centrifuge, see figure 4.



The fat cells are then injected into the breast's contour Deficit, see figure 7. This procedure may need to be repeated several times depending on the amount of fat required to correct the contour of your reconstructed breast.

Will I need to come into hospital?

The surgery is done usually as a day-case or as an overnight stay.

What will I need to bring into hospital?

You will need to bring in some High Waist Firm Control Support Pants or cycling shorts or body shapers plus your sports bra. You will start to wear your pants/cycling shorts once the liposuction has been carried out. The firmness of the pants/cycling shorts will support your abdomen, buttock and thighs and aid comfort.

These pants will need to be worn both during the day and night for the next four weeks. This will help with the swelling and bruising and improves contouring of the thighs/buttock following the harvesting of fat cells. The bruising and swelling may be extensive; however, this is normal and will settle within two to three weeks.

Your sports bra will also be fitted following lipomodelling and gives your breast support during the healing process. You will be required to wear the bra during the day and at night for the next two-three weeks after you surgery.

It is important to ensure your bra does not put pressure on the lipomodelled area.

Aftercare

- You should rest for 24 hours and then increase your activity.
- After the procedure you may be uncomfortable. If you are in pain take your usual pain killers as directed on the packaging
- It is important to keep your surgical dressing dry following your surgery
- Normal, none strenuous activity can be resumed after 2-3 days.
- You will have a few small dissolvable stitches to close the incisions.
- You will be given an appointment to attend the Nurse Led Breast Reconstruction Clinic one week after lipomodelling for a wound review.

When can I start driving again?

You can usually drive after about a week or when you feel comfortable to drive again.

Are there any side-effects or complications?

You will have a lot of bruising and maybe swelling at the area where the fat is removed. This will take a couple of weeks to settle. You are advised to bring supportive underwear into hospital to help reduce swelling and bruising and they should be worn until the bruising settles. These can be bought from most high street stores. See diagram 1

Diagram 1: Compression garment total support pants or cycling shorts/ body shapers



M&S Collection
Firm Control Waist Cincher
T336439R



M&S Collection
Firm Control Waist Sculpt™
No VPL Cincher
T331801

The treated areas can remain numb for several weeks, this is normal and sensation will return.

Some of the fat grafted may disappear over time and the procedure may need to be repeated. Contour irregularities may occur but these should settle in time Fat necrosis may occur in the breast area, this is a hard lump caused by fat.

Your breast may never get to the size or shape you would like using this procedure.

Contact information

If you have any further questions or need advice regarding post operative underwear, please contact one of the Breast Reconstruction Nurse Specialists:

Andrea Thompson waiting list coordinator

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Support group

'Keeping Abreast' – South West

www.keepingabreast.org.uk

**PATIENT
APPROVED** 



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www.nbt.nhs.uk

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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