

Diet and nutrition

in connection with breast augmentation surgery with own fat tissue and addition of stem cells

It is important for you to be aware that you yourself have great influence on the result of your breast augmentation surgery with own fat tissue and own cultivated stem cells.

What can you do yourself?

With a minor weight loss before surgery, and a weight gain in the first six weeks after surgery, you will actively contribute to ensuring the greatest and most optimal result.

The weight loss before surgery will make your fat cells smaller and thus more robust. In the weeks after surgery, you should conversely achieve a moderate weight gain to give the transplanted fat and stem cells the best conditions for survival.

Before liposuction/stem cell harvesting

Weight loss

You must commence a minor weight loss 4-8 weeks before the liposuction and stem cell harvesting. The optimal weight loss depends on your height and weight according to the table on page 4.

To achieve the desired weight loss, you need to burn more calories than you consume. This can be done by increasing your burning of calories and reducing your consumption of calories. Reduction of your calorie consumption is 4-5 times more effective, but the most effective solution is a combination of increased exercise and decreased consumption of calories.

Between liposuction and BFO

Continued weight loss

Your weight loss should continue until the actual breast augmentation surgery. You should, as a minimum, keep the lower weight, but you should also try to lose further weight.

After BFO:

Weight gain

It is absolutely essential to the result that you do not lose weight in the first two weeks after the breast augmentation surgery, as any weight loss immediately after the operation may have a significant negative impact on the result. Instead, you should now regain your initial weight and preferably add a few kilos to your initial weight. This weight gain is to take place over the first six weeks after your surgery. The weight gain will actively ensure the survival of the transplanted fat cells and stem cells and give you the best looking result.

To achieve the desired weight gain, you need to consume more calories than you burn. You achieve this primarily by significantly increasing your intake of calories. This definitely does not have to be achieved through an unhealthy diet. You can still live healthily while gaining weight.

How to ensure an optimal weight gain and a beautiful result

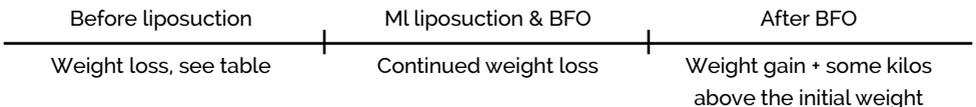
After your surgery, you must eat abundant calorie-rich meals in the following six weeks and supplement your diet with calorie-rich beverages to increase your weight. Prepare a fixed daily plan, as this is the easiest way to achieve your result.

Aleris-Hamlet's own dieticians recommend a Nutridrink Compact supplement. It is an excellent nutrition drink with an energy density of 2.4 kcal/ml. We strongly recommend supplementing your diet with six Nutridrink Compact bottles daily. Together with a good and healthy calorie-rich diet, this will usually be sufficient to ensure your weight gain.

Each Nutridrink Compact bottle has a nutritional content of 300 kcal per 125 ml (12 g protein, 11.6 g fat and 37.1 g carbohydrate).

You will be issued a 'green prescription' for Nutridrink Compact when your surgery has been planned. With this prescription, you will receive a 60% discount on the product, which can be purchased at pharmacies.

If you wish, you can also book an appointment with one of the hospital's dieticians who can provide you with guidance and answer your questions.



Height / Weight	48	52	56	60	64	68	72	76	80	84	88
1.50	2-4KG	3-6KG	3-6KG	3-6KG	4-8KG	4-8KG	4-8KG				
1.52	2-4KG	2-4KG	3-6KG	3-6KG	4-8KG	4-8KG	4-8KG				
1.54	2-4KG	2-4KG	3-6KG	3-6KG	3-6KG	4-8KG	4-8KG				
1.56	2-4KG	2-4KG	3-6KG	3-6KG	3-6KG	4-8KG	4-8KG	4-8KG			
1.58	2-4KG	2-4KG	2-4KG	3-6KG	3-6KG	4-8KG	4-8KG	4-8KG			
1.60	1-2KG	2-4KG	2-4KG	3-6KG	3-6KG	3-6KG	4-8KG	4-8KG			
1.62	1-2KG	2-4KG	2-4KG	2-4KG	3-6KG	3-6KG	4-8KG	4-8KG			
1.64	1-2KG	2-4KG	2-4KG	2-4KG	3-6KG	3-6KG	3-6KG	4-8KG			
1.66	1-2KG	1-2KG	2-4KG	2-4KG	3-6KG	3-6KG	3-6KG	4-8KG			
1.68	1-2KG	1-2KG	2-4KG	2-4KG	2-4KG	3-6KG	3-6KG	3-6KG			
1.70	1-2KG	1-2KG	2-4KG	2-4KG	2-4KG	3-6KG	3-6KG	4-8KG			
1.72	1-2KG	1-2KG	1-2KG	2-4KG	2-4KG	2-4KG	3-6KG	4-8KG			
1.74	1-2KG	1-2KG	1-2KG	2-4KG	2-4KG	2-4KG	3-6KG	3-6KG			
1.76	1-2KG	1-2KG	1-2KG	2-4KG	2-4KG	2-4KG	3-6KG	3-6KG			
1.78	1-2KG	1-2KG	1-2KG	1-2KG	2-4KG	2-4KG	2-4KG	3-6KG			
1.80	1-2KG	1-2KG	1-2KG	1-2KG	2-4KG	2-4KG	2-4KG	3-6KG			
1.82		1-2KG	1-2KG	1-2KG	2-4KG	2-4KG	2-4KG	3-6KG			
1.84		1-2KG	1-2KG	1-2KG	1-2KG	2-4KG	2-4KG	3-6KG			
1.86			1-2KG	1-2KG	1-2KG	2-4KG	2-4KG	3-6KG			
1.88				1-2KG	1-2KG	2-4KG	2-4KG	3-6KG			
1.90				1-2KG	1-2KG	1-2KG	2-4KG	2-4KG			
1.92				1-2KG	1-2KG	1-2KG	2-4KG	2-4KG			
1.94				1-2KG	1-2KG	1-2KG	2-4KG	2-4KG			
1.96				1-2KG	1-2KG	1-2KG	1-2KG	2-4KG			

Aleris-Hamlet Hospitaller – Western Denmark

Aalborg

Sofiendalsvej 97
DK-9200 Aalborg SV
Tel. +45 3637 2750
aalborg@aleris-hamlet.dk

Aarhus

Brendstrupgårdsvej 21 A, 1. sal
DK-8200 Aarhus N
Tel. +45 3637 2500
aarhus@aleris-hamlet.dk

Esbjerg

Bavnehøjvej 2
DK-6700 Esbjerg
Tel. +45 3637 2700
esbjerg@aleris-hamlet.dk

Herning

Poulsgade 8, 2. sal
DK-7400 Herning
Tel. +45 3637 2600
herning@aleris-hamlet.dk

Aleris-Hamlet Hospitaller – Eastern Denmark

Copenhagen

Gyngemose Parkvej 66
DK-2860 Søborg
Tel. +45 3817 0700
kobenhavn@aleris-hamlet.dk

Ringsted

Haslevvej 13
DK-4100 Ringsted
Tel. +45 5761 0914
ringsted@aleris-hamlet.dk

Customer service telephone opening hours

	Western DK	Eastern DK
Monday - Thursday	8 - 18	8 - 18
Friday	8 - 15	8 - 16
Saturday - Sunday	Closed	Closed

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