



Breast augmentation surgery

with stem cells enriched with the patient's own fat

Stem cell enrichment using the patient's own fat is the latest breakthrough in breast augmentation surgery. It provides a better, long-lasting and reliable result.

Breast augmentation using the patient's own fat (fat transplant) has become very popular in recent years, as this method "kills two birds with one stone"; the patient receives liposuction, and breast augmentation can be performed without the use of silicone implants.

The latest breakthrough in the field of fat transplantation is the use of stem cells for breast augmentation surgery.

Some of the unwanted fat from, e.g., the thighs, stomach or lower back, is removed and transferred to the breasts.

To prevent the injected fat from breaking down, the patient's own stem cells are added to it.

In traditional fat transplant surgery, it can often be difficult to predict how many fat cells will survive, and therefore, it is anticipated that a patient will need to undergo several operations before the desired result is achieved.

The stem cell technique enriches the removed fat with the patient's own fat stem cells, thereby enhancing the viability of the fat, so only one breast augmentation operation is needed to achieve the desired result.

With the use of stem cells, one can expect that 70 - 100% of the fat cells will survive the treatment. In contrast, only approximately 25 - 50% of the cells survive after traditional fat transplant surgery without the use of stem cells.

Normally, approximately 200 - 300 ml of fat is transferred to each breast per fat transplant surgery.

First, a mini liposuction procedure is performed under local anaesthesia or general anaesthesia. Your own fat stem cells are isolated from your fat and cultured so that there are more cells. This process takes approximately 3 weeks.

After approximately 3 weeks, you will be ready for the actual breast augmentation procedure.

Under general anaesthesia, you will undergo major liposuction from your hip, lower back, abdomen or thighs. This fat will be combined with your cultured stem cells. The fat enriched with stem cells will be injected into the breasts via small needle pricks in the skin.

This technique is the only one of its kind performed in Europe. Please note that several clinics offer stem cell treatment, but they do not offer cultured stem cells. If the stem cells are not cultured, they will have virtually no effect on the survival rate of the fat.

The stem cells are cultivated in a stem cell laboratory by the company Stemform, which has been approved by the Danish Agency for Patient Safety and approved as a European Tissue Centre.

After the addition of the cultured stem cells, the breast augmentation results are expected to be permanent, and the breasts will undergo only age-related changes.



The treatment is primarily appropriate for women who:

- Have turned 18 years old (of legal age)
- Have fully developed breasts. The duration of breast development varies across individuals, and in some individuals, can continue up to the age of 20 years
- Are psychologically healthy
- Want permanent breast augmentation
- Have had a troublesome capsule formation around breast implants and want the implants removed
- Have asymmetrical (uneven) breasts, even after breast reconstruction
- Have a body mass index (BMI) between 16 and 30 and adequate fat deposits

- Agree to undergo liposuction of 500 - 700 mL in parts of the body other than the chest

- Do not wish to lose any more weight

- Are non-smokers

The treatment is unsuitable for women who:

- Are heavy smokers

- Want very large breasts

- Have poorly controlled or untreated diabetes

- Previously have been treated or currently are being treated for cancer



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Preliminary examination

Before deciding to undergo breast augmentation surgery using stem cells enriched with your own fat, you will need to undergo a preliminary examination with one of our plastic surgeons.

We recommend that you read these instructions carefully before the consultation and write down your questions so that you remember to ask them during the preliminary examination.

It may be a good idea to bring a friend or family member to the preliminary examination, as there is a lot of information to consider. It is important that you feel safe.

During the preliminary examination, we will discuss your wishes, and the plastic surgeon will inform you of the advantages and disadvantages of breast augmentation surgery. You will be examined, the

dimensions of your breast and chest will be measured, and together, we will decide whether you are suitable for a breast augmentation using stem cells enriched with fat. We will also discuss and determine where to remove the fat from.

Currently, we can offer breast augmentation with up to 300 mL of fat, excluding the stem cells, per breast, with an expected survival rate of the injected fat cells of between 70 and 100%.

You will be thoroughly informed about the details of the surgery, the recovery process after the operation, as well as possible side effects and complications.

Mammography

You will need to undergo a mammogram before the surgery can take place.

Patient follow-up

As stem cell treatment is an entirely new procedure that is currently performed only in Denmark, the Danish Health Authority has decided that patients treated with stem cells should be followed-up in a special patient follow-up programme and that all data must be available in a special archive. These data will regularly be reported to the Danish Health Authority. Stemform, which is the company that supplies the cells, will also have access to the archive of patient information.

Fat transplants to the breast lead to a small amount of dense scar tissue in the breast tissue. Furthermore, dead fat cells can give rise to small calcifications or small benign cysts in the breast, which can be misdiagnosed in mammograms taken at a later time. For these reasons, and in accordance with the follow-up programme, a mammogram must also be performed 1 year and 5 years after the surgery. If a mammogram is not possible due to very small breasts, an ultrasound scan should be performed in stead.

There is currently no evidence to suggest that breast augmentation surgery using the patient's own cultured stem cells enriched with their own fat will increase the risk of breast cancer.

Fat transplantation has been used for several years without any problems for women who have had their breasts removed due to cancer.



Expectations

You should expect that approximately 3 months will pass before you see the final result. The operation consists of 2 procedures. First, a minor procedure under local or general anaesthesia is used to isolate the stem cells, and then, in the second procedure, breast augmentation is performed.

If you later decide you want to undergo another breast augmentation surgery, this can be done, provided that you have enough fat for this surgery.

The results of cosmetic surgery are not long-lasting. The body's natural ageing process continues, eventually changing the result. How quickly the body ages varies across individuals and depends on many factors such as genetic factors, smoking habits and sun exposure. Immediately after surgery, the breasts will be tight and swollen.

At Aleris-Hamlet,
we put a lot of effort into ensuring
that the end results
naturally align with
your body.

Over time, the tissue will heal, and the breasts will form a more natural shape. You will find that the breast tissue will sag, especially after pregnancy and breastfeeding. This is completely natural and expected. In other words, it is not possible to achieve a surgical result that will last for the rest of your life.

Moreover, it is important to remember that the surgery is associated with a certain risk of complications (see the end of the leaflet) and that the end result may not always meet you and your plastic surgeon's expectations and wishes.

If you are very over/underweight, there is an increased risk of complications during anaesthesia and wound healing. Thus, if your BMI is over 30, the surgery may not be suitable for you.

Scheduling the operation

After the preliminary examination is performed by the plastic surgeon, the surgery is, of course, non-binding. This means that you have the option to change your mind, go home and reconsider the situation before deciding whether you want breast augmentation surgery using your own fat-enriched stem cells. According to the Cosmetic Treatments Act, you cannot undergo surgery within 1 week after the preliminary examination.

You can speak to the plastic surgeon during the preliminary examination about scheduling the operation or contact us at a later time, and we will schedule the surgery for you.

Preparation

We recommend that you read this leaflet, as well as the leaflet titled "General guidelines - Regarding your surgery", again before your surgery.

Fasting

Breast augmentation surgery is performed under general anaesthesia, and therefore, you must fast before this operation. If the minor procedure to isolate stem cells also needs to take place under general anaesthesia, you should also fast prior to this procedure.

Pause medication

See the leaflets located in the folder titled "General guidelines - Regarding your surgery" or "Regular medication - In relation to surgery" for more information on this topic.

Skin

Healthy and well-cared for skin before the surgery ensures faster and better healing of the skin after the surgery. Moisturizing creams may be helpful.

Smoking

You must stop smoking from a minimum of 6 weeks before the surgery to a minimum of 3 months after surgery. Smoking cessation minimizes the risk of infection and necrosis.

Day surgery (outpatient)

At Aleris-Hamlet, we follow very specific discharge criteria, which means that you will be discharged once you meet those criteria. Most often, patients are discharged 3 - 4 hours after surgery.

Operation

The first "mini liposuction" procedure to isolate stem cells is an outpatient procedure and will be conducted under local or general anaesthesia.

Breast augmentation surgery and liposuction will take place under general anaesthesia and will last approximately 2.5 hours. The fat is gently removed with a liposuction apparatus so that as many fat cells as possible survive. Thereafter, the fat is automatically filtered and cleaned in the apparatus. The isolated and cultured stem cells that were removed during the first mini liposuction procedure are added to the fat.

Thereafter, the fat is injected into the chest with very fine needles, which usually do not leave visible scars. The fat is evenly distributed in the subcutaneous tissue, above the mammary tissue, as well as around and in the chest muscles.

The areas that undergo liposuction are stitched using dissolving sutures or a thin suture that needs to be removed later. Finally, tape and a wound dressing are placed over the wounds.

After surgery

After your surgery, you will speak to the plastic surgeon and the nurse, who will inform you of any precautions you must take during the post-operative period and answer any questions you may have.

The areas that undergo liposuction are stitched using dissolving sutures or a thin suture that needs to be removed later. Finally, tape and a wound dressing are placed over the wounds.

Smoking cessation

For ideal results, it is very important that you do not smoke for at least the first 3 months after surgery. Complete smoking cessation is encouraged. Previously, smoking within 18 months after surgery has been shown to influence the outcome.

Physical activity

For the sake of your general well-being and to prevent the formation of blood clots, it is important that you get back on your feet quickly after surgery. Do not lie in bed; instead, walk around slowly and rest occasionally.

Pain

You may experience pain immediately after surgery, and therefore, you may need pain medication.

Dressing

You will be given a wound dressing, truss, stomach belt, etc. that you should wear over the liposuction areas.

Seepage of fluid

In the first few days, you may experience seepage from the insertion sites where you had liposuction. This is due to fluid

being injected for liposuction. An absorbent dressing or sanitary towel can be placed on these sites.

After discharge

Diet

Weight gain after surgery will ensure the survival of the transplanted fat and stem cells. You should therefore increase your weight over the first 6 weeks after surgery. Read more about this in the guide titled "Diet and nutrition in connection with breast augmentation surgery with own fat tissue and addition of stem cells".

Dressing

You will be provided a loose-fitting net bra, compression stockings for your legs, and possibly, compression fabric for your stomach.

Discolouration

It is common for the areas that underwent liposuction to become discoloured, much like large bruises. The discolouration will subside over the course of 2 - 3 weeks.

Breast volume

After fat transplantation, the breasts will be swollen and continue to swell during the first week. After 4 - 6 weeks, the swelling will have largely disappeared. Thereafter, the volume will remain constant.

Tenderness and swelling

For 5 - 7 days after surgery, there will be tenderness and tension in the breasts.

The areas that underwent liposuction will also be swollen, tender and discoloured for approximately 3 weeks after surgery.

Stitches and follow-up

After 7 - 8 days, the small sutures and tape located at the injection sites and the areas that had liposuction will be removed by a nurse in the outpatient ward.

After approximately 3 months, 1 year, 5 years and 10 years, you will have a consultation with the plastic surgeon.

You are always welcome to contact us if you experience any problems before then.

Bra and dressing

You should not use a bra for the first 2 weeks, as this may lead to excessive pressure on the newly transplanted fat cells. Instead, we recommend that you use the net bra we supply, a soft top or a wide, loose-fitting breastfeeding bra. You should use the compression fabric, truss, etc. to reduce swelling and to ensure that the skin settles nicely after liposuction. You must use the compression fabric during day and night for 3 weeks and during the day for the following 3 weeks. You should remove the compression fabric only when bathing and when washing it.

If possible, we recommend that you wear cotton fabric, such as a T-shirt, under the compression fabric for increased comfort.

Bathing and washing hair

Two days after surgery, you can take a shower after removing the dressing. The tape over the wounds must remain sealed, as the adhesive will hold up during showering.

Tape (steri-strips) or 3M Micropore

You should leave the tape on until you visit the nurse for a check-up. During that visit, the tape will be removed, and the wounds will be checked.

Thereafter, we recommend that you use tape (3M Micropore) over the wounds for the first 3 months after surgery. You need to change the tape only once a week or every 2 weeks. You will be given tape at the time of discharge or when you come back. You can buy more tape at the pharmacy.

Cream

You should use cream only when the wounds have dried and no longer have scabs. When you use tape, the cream must be absorbed into the skin before the tape is applied.

Sunlight

In order for the scars to heal as well as possible, it is important to protect them from sunlight and tanning beds for the first 12 months after the operation. We recommend protecting the scars with tape, a shirt, or factor 50 sunscreen.

Work

Most people are able to go to work after 4 - 5 days. It is recommended that you speak with the plastic surgeon about your specific situation and what to expect.

Walking and cycling

You can walk and cycle whenever you like.

Swimming

Once the sutures have been removed and the skin is healed, i.e., there are no visible scabs, you may swim.

Physical activity

You can start running and participating in aerobics, gymnastics and sports again after 3 - 4 weeks.

Driving

You must be able to respond normally in any situation. You must not need strong medication for pain. A seat belt must always be worn, regardless of whether you are the driver or passenger.

Possible side effects and complications

Asymmetry

Many women have naturally asymmetrical breasts. In some cases, this type of asymmetry can decrease after a breast augmentation operation, while in other cases, the asymmetry remains unchanged. Even in the absence of prior asymmetry, there is a small risk of asymmetric results. However, it is rare that such an asymmetry requires correction.

Sensory impairments

There may be numbness to the skin on the chest and on the areas that underwent liposuction. Normally, sensation normalizes within 3 - 6 months. However, sometimes, it takes a very long time to regain normal sensation in some areas, and in rare cases, sensory impairment becomes permanent.

Post operative bleeding

In rare cases (less than 1%), bleeding may occur within the first 24 hours after the operation. Another operation may need to be performed to ensure that the bleeding stops.

Post-operative bleeding can often cause discolouration in the weeks following surgery but does not affect the final result. Any costs in relation to this issue will be covered by Aleris-Hamlet.

Infection

All surgeries are associated with a risk of infection, and although infection is extremely rare in breast augmentation surgery (less than 1%), it can occur nonetheless. Infections require antibiotic treatment. Signs of infection include redness, heat, swelling, throbbing pain, large affected areas, and sometimes fever. If you smoke, the risk of infection is higher.

Unevenness

After liposuction, the skin may appear uneven. This unevenness often disappears within 6 - 9 months, but it may take longer to disappear.

Breastfeeding

You should be able to breastfeed after fat transplantation, but if you have lost sensation in your nipples, breastfeeding can be difficult.

Aleris-Hamlet Hospitaller - West

Aalborg

Sofiendalsvej 97
DK - 9200 Aalborg SW
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 - East

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

KHADoo

Brystforstørrende operation
med eget fedt tilsat stamceller

Business hours of customer service telephone lines

	West	East
Monday - Thursday	8 am - 6 pm	8 am - 6 pm
Friday	8 am - 3 pm	8 am - 3 pm
Saturday - Sunday	Closed	Closed

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