



Checklist

Breast Augmentation with Autologous Tissue

Dear Patient,

You have decided to have a breast augmentation with autologous tissue. The procedure results in a natural, permanent breast augmentation by up to one cup size. It is often necessary to repeat the procedure one or two times to achieve the desired result. One condition for this method is that there be enough fatty tissue available for use from another part of the body. In this case, you will also benefit from the liposuction at the removal site.

The operation is performed under local anaesthesia or under sedation in a day clinic or with an inpatient stay of 1 night. If significant augmentation or reshaping is desired, satisfactory results are best achieved with a breast implant. The right method for you is best clarified during the consultation process.

The total costs as an outpatient procedure under local anaesthesia will be EUR 4.500,-
under full anaesthesia EUR 6.500,-

Please note the following details.

Should you have any questions, please do not hesitate to contact me at any time.

Univ.Doiz.Dr. Greta Nehrer

BEFORE THE PROCEDURE

- You should not take any blood-thinning medications (e.g. aspirin) for a period of 10 days before your appointment.
- Please bring a well-fitting sports bra with you to the operation. You will also need a compression garment for the tissue removal site.
- Before the operation, we will again review and discuss the procedure in detail. The area to be treated will be photographed for documentation.

DURING THE PROCEDURE

- The operation takes about 2 hours to perform.
- The procedure begins with liposuction (Body Jet system) to harvest enough fatty tissue.
- The harvested tissue is then placed underneath the mammary gland using a thin cannula.
- The small incision on the side of the breast and at the removal site are treated with a suture and covered with an adhesive skin closure (Steri-Strip) and waterproof adhesive dressing.

AFTER THE PROCEDURE

- A mild burning pain around the surgical site is normal as the anaesthetic wears off. You will not feel any significant pain.
- You may shower the day after the operation.
- The sports bra should be worn day and night for a period of 3 weeks. Do not exert any pressure on the breast for a period of 3 weeks (no tight bras, do not lie on your stomach).
- The compression garment must be worn for a period of 3-4 weeks.
- We recommend resting for at least 2 days after the procedure. You should avoid any exertions.
- A check-up is scheduled a few days after the procedure. The skin closure strips are changed.
- The stitches and adhesive strips are removed after 14 days.
- Avoid heat (sauna) and physical activity for a period of 5 weeks.
- Some swelling or bruising is normal and may last for 4 weeks.