

## What is Lipofilling?

Lipofilling is a surgical procedure used to fill in dents or correct defects in the breast, or to increase lost breast volume.

## How is it done?

Lipofilling is performed in theatre under general anaesthetic. It involves taking fat from one part of the body, normally the abdomen, and then after centrifuge (a machine that separates the fat) injecting fat cells back into the breast. Further sessions may be needed to achieve the desired result.

## Hospital stay

Lipofilling is normally performed as a day case.

## What are the risks and complications?

Side effects are minor but lipofilling like all surgical procedures does carry a risk.

- Bruising - may be noticeable around puncture sites for several weeks.
- Swelling - may take several weeks to settle and for you to see the achieved result, as some shrinkage of fat will occur. Repeat lipofilling may be needed.
- Sensation - numbness or increased sensitivity of the wounds can occur for several weeks following the procedure.
- Infection and bleeding - unusual, but antibiotics will be given if needed.
- Pain - simple painkillers may be needed for a few days.

## Recovery

You are advised to take it easy for the first 48 hours, you can resume normal activities after a few days.

You will have a waterproof dressing over the wound sites, which is to be left in place for one week.

**If you have any concerns, please contact your breast care nurse on 01493 452447 9am-4.30pm Monday to Friday.**

## Feedback


We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

**TRUST VALUES: We CARE for...**  
*our patients... each other... ourselves*

**BEHAVIOURS:**

- Courtesy and respect
- Attentively kind and helpful
- Responsive communication
- Effective and professional

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 The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**