

## OUR PROFILE

Since 2016 the surgical spectrum at the Gemeinschafts-krankenhaus Havelhoehe has been extended by a new Department of Plastic, Reconstructive and Hand Surgery.

### What is Plastic Surgery?

Plastic Surgery covers four areas: Reconstructive Surgery, Hand Surgery, Aesthetic Surgery and Burn Surgery. Reconstructive Surgery is one of our main areas. It is here where body form and function, lost through injuries, tumors, anomalies or other illnesses, are reconstructed. The importance is to not only restore the body function, but give attention to aesthetic results as well. This is for example the case with reconstruction of the female breast following cancer surgery, treatment of malignant skin tumors, chronic and complicated wounds, as well as covering soft tissue defects.

As part of Hand Surgery we treat injuries, anomalies and diseases of the hand and lower arm. This also covers all acute injuries, e.g. broken bones, wounds with injury of

tendons, ligaments, blood vessels or nerves and infections. Furthermore, we also treat "typical" hand-surgical problems like trigger finger, Morbus Dupuytren (connective tissue disorder of the palm of the hand) and nerve compression syndromes as the carpal tunnel syndrome.

Aesthetic Surgery is far more than so-called „Cosmetic Surgery“. In many cases patients experience a high level of suffering. This, for instance, applies to children who are being teased because of protruding ears or patients with extremely oversized breasts, who may suffer from neck, shoulder and back pain due to bad posture and also have to endure recurring infections underneath the breast.

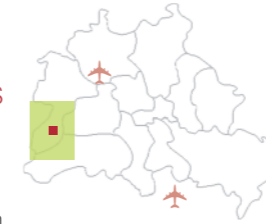
Within our Burn Treatment we apply therapy to acute burns (up to a maximum of 20% of skin area) and also follow-up previous damage from burns. This includes therapy of scars, restrictions in movement of joints caused by scarring (contractures) and Keloids (tumor-like growth of a scar).



havelhoehe.de

## HOW TO FIND US

### TRANSPORT CONNECTIONS



Bus X 34: from Train station Zoologischer Garten heading to Hottengrund

Bus 134: from Rathaus Spandau heading to Hottengrund

Bus 697: from Kirschallee (Potsdam) to Neukladower Allee

Ferry: Wannsee-Kladow



Havelhoehe

## PLASTIC SURGERY AND HAND SURGERY

Form and Function in Harmony



www.havelhoehe.de

## CONTACT



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## OUR SPECTRUM OF TREATMENT

### Reconstructive Surgery:

- Covering of soft-tissue defects (following trauma, infection, tumor) on the entire body with local and free micro-surgical flaps
- Removal of non-malignant and malignant skin tumors (e.g. basal cell carcinoma, squamous cell carcinoma, malignant melanoma) and soft-tissue tumors (e.g. Lipoma, Sarcoma) followed by plastic surgical reconstruction
- Breast Reconstruction with own tissue (microsurgical and local covering techniques) or implants following Breast Cancer
- Treatment and defect covering of pressure sores (Decubitus, Ulcus cruris)
- Treatment of infected bones (e.g. if joint-prosthesis is visible) with appropriate defect covering (septic bone surgery), e.g. on extremities or of the breast bone
- Treatment of Acne inversa (Hidradenitis suppurativa)
- Treatment of complex and chronic wounds
- Treatment of scars (e.g. with Lipofilling)
- Treatment of Lymphoedema (microsurgical lymph surgery)

### Breast Surgery:

- Breast Reconstruction with own tissue (microsurgical and local covering techniques) or implants following Breast Cancer
- Breast Reduction
- Breast Lifting
- Breast Enlargement
- Treatment of "Gynakomastia" (enlarged male breast)
- Correction of birth anomalies (asymmetry, tubular breast)
- Correction of acquired anomalies (scars, growth)

### Hand Surgery:

- Treatment of acute injuries of the hand and wrist (injury to bones, tendons, ligaments, blood vessels, nerves, amputation)
- Treatment of nerve compression syndromes (carpal tunnel, cubital tunnel, Guyon ´s canal)
- Treatment of M. Dupuytren (connective tissue disorder of the palm)
- Treatment of "Trigger Finger"
- Treatment of infections within the hand (felon, pyogenic tenosynovitis)
- Treatment of tendinitis
- Treatment of bone tumors and soft-tissue tumors of the hand
- Correction of nonunion fractures (permanent failure of healing following a broken bone)
- Athrodesis of finger and wrist joints
- Treatment of Epicondylitis humeri lateralis
- Nerve Reconstruction (nerve transplant)
- Muscle and tendon transfer
- Treatment of congenital disorders (Syndactyly, Polydactyly)

### Aesthetic Surgery:

- Upper and Lower Eyelid Plastic (Blepharoplasty)
- Correction of protruding ears (Otoplasty)
- Breast Augmentation (Mammaaugmentation)
- Breast Reduction (Mammareduction)
- Breast Lifting (Mastopexy)
- Tummy Tuck (Abdominoplasty)
- Thigh Lifting (Thighplasty)
- Upper Arm Lifting (Brachioplasty)
- Liposuction
- Lipofilling

- Treatment of wrinkles with Filler or Botox (Anti-ageing treatment)
- Injection of Botox into the skin to treat symptoms of severe underarm sweating (severe primary axillary hyperhidrosis)

### Burn Treatment:

- Treatment of acute burns (up to a maximum of 20% of skin area)
- Treatment of post traumatic sequela (e.g. contractions)
- Treatment of burn scars (Flap Surgery, Medical Needling, Lipofilling)

### Plastic Surgery and Integrative Medicine

We emphasize the competence of other disciplines, which gives opportunities to intensive cooperation at Havelhoehe (e.g. with gynaecologists at the Breast Center after breast cancer treatment).

Further integrative therapy options can be offered due to the anthroposophical approach, which takes emotional aspects into account and addresses specific needs for special life circumstances of the individual patient.

### As additional therapies we offer:

- Physiotherapy
- Eurhythmy
- Art Therapy
- Rhythmical Massage Therapy
- Music Therapy
- embrocations and compresses

