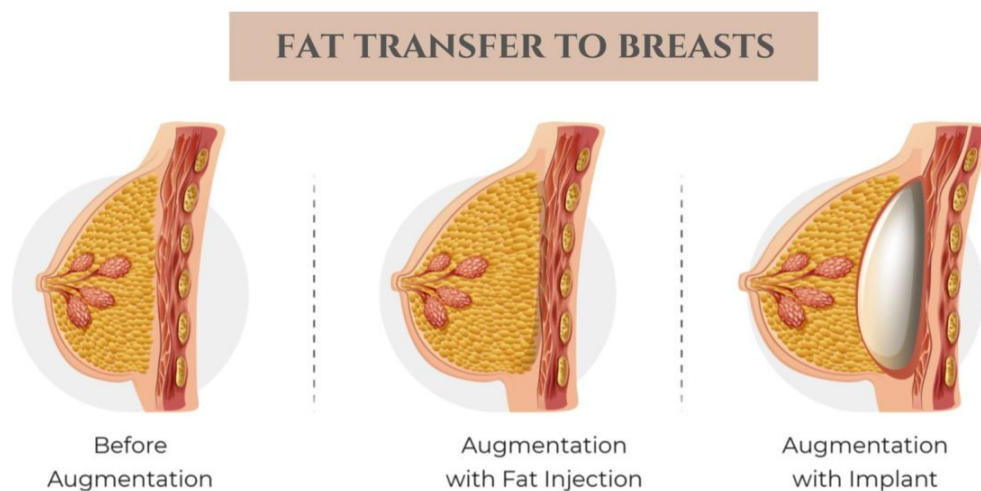


## BREAST AUGMENTATION USING FAT GRAFTING: INFORMATION SHEET

### WHAT IS BREAST AUGMENTATION WITH FAT GRAFTING?

Breast augmentation using fat grafting is a natural alternative to traditional breast implants. The procedure involves removing fat from areas of the body such as the abdomen, thighs, or flanks through liposuction, purifying the fat, and then injecting it into the breasts to enhance their size and shape.



### THE PROCEDURE: STEPS

1. Liposuction: Fat is harvested from areas where there is excess fat, usually the stomach, thighs, or hips.
2. Purification: The collected fat is purified to prepare it for injection.
3. Fat Injection: The purified fat is carefully injected into specific areas of the breasts to achieve the desired volume and shape.

## RECOVERY EXPECTATIONS

- **Immediately After Surgery:** You may experience mild discomfort, swelling, and bruising at both the liposuction and fat injection sites.
- **First Week:** Swelling and soreness in the treated areas are common. You may be advised to wear a compression garment to help with healing.
- **2-3 Weeks:** Most swelling will start to subside, but it may take a few months to see the final results.
- **1 Month and Beyond:** Full results will gradually become more visible as the swelling fully subsides and the body adapts to the newly transferred fat.

Most patients can return to work within 1-2 weeks, depending on the extent of the liposuction and their activity level.

## PROS OF FAT GRAFTING FOR BREAST AUGMENTATION

- **Natural Results:** The use of your own fat can create a more natural look and feel compared to implants. As compared to breast implants, breasts feel and look more natural as your own body's fat is injected in you, and that's why it's also called "natural breast augmentation surgery with fat transfer." If you don't like the idea of putting anything foreign in your body and want to have natural and fuller breasts, then this procedure is an excellent option for you to consider
- **Body Contouring Benefits:** Since the procedure involves liposuction, you can also achieve body contouring in areas where fat is removed.
- **No Foreign Implants:** There are no synthetic materials involved, which may reduce the risk of complications such as implant rupture or capsular contracture.

- Minimal Scarring: Fat injections result in minimal scarring compared to implant surgery. Unlike breast implant surgery, breast augmentation with fat transfer is a far less invasive procedure with smaller incisions (~ 4 mm). Additionally, it is an ideal choice if you have sagging breasts (grade 1 ptosis). Although it requires two procedures: liposuction and injecting the fat into the donor body, it provides easier recovery in less time. It involves small incisions, resulting in minimum swelling, bruising, and scarring.
- Less complications. Breast augmentation with a fat transfer has a better safety record and relatively fewer postoperative complications than breast implants. Women with breast implants possess the risk of developing capsular contracture, breast implant illness, rupture, etc. These implant-related risks and the high-cost corrective surgeries can be avoided if you opt for a breast augmentation surgery with fat transfer.

## CONS OF FAT GRAFTING FOR BREAST AUGMENTATION

- Volume Limitations: Fat grafting generally provides a moderate increase in breast size. If you desire a significant increase, implants may be a better option. There may be limitations of an increase in breast size restricted to about one cup size. If you wish to achieve a significant change in breast volume and curvy cleavage, fat transfer surgery may not be a great option for you. This depends on the patient entirely, as some patient's have seen up to double their original breast size.
- Fat Absorption: A portion of the transferred fat may be reabsorbed by the body, which could reduce the final breast size and require a touch-up procedure. A board-certified plastic surgeon carefully performs the procedure, ensuring the maximum fat survival rates when injected into the body. Typically, the survival of fat is about 50-70%, but depending on how everyone's body reacts, some fat may be absorbed. This may result in less desirable enhancement, and you can end up needing more fat injections. For this, the procedure may need one or several repeats.

- Variable Results: Results can vary depending on how your body retains the fat. In some cases, multiple procedures may be necessary to achieve the desired outcome.
- Requires Sufficient Fat: Patients must have enough excess fat in other areas of the body to qualify for the procedure. You may not be a good candidate for liposuction if you are lean, because there isn't enough adipose tissue to use in the fat transfer technique.

### IS IT RIGHT FOR YOU?

Fat grafting for breast augmentation is ideal for those looking for a subtle, natural enhancement. It's also a good option if you prefer to avoid implants or desire additional body contouring in areas like the stomach or thighs. However, if you're seeking a more significant increase in breast size, you may want to explore traditional implants.