



PATIENT LEAFLET - FAT TRANSFER TO THE BREAST

WHAT IS FAT TRANSFER TO THE BREAST?

Fat transfer to the breast is a minimally-invasive treatment aiming to restore volume that has been lost as a result of previous treatment for breast cancer (surgery and/or radiotherapy).

Breast enhancement with Fat Transfer involves removing pockets of fat from other areas of your body (such as the legs or abdomen) and transferring the fat into the breast area to increase volume and shape in a subtle, natural-looking way.

AM I SUITABLE FOR BREAST FAT TRANSFER?

Fat Transfer is not recommended if you:

- Want a significant increase in breast size.
- Don't have enough fat to transfer.
- Require an uplift.
- Are considering having children within the next year.

You will need to have enough fat to transfer for treatment, meaning it is not always suitable for those with low body mass, and we advise all patients to be cautious with their expectations. Breast Fat Transfer will hopefully improve shape and definition but will not provide a substantial increase in breast size.

Before going ahead with fat transfer you will always require a full consultation with Miss Bright-Thomas who will advise on your suitability.

THE FAT TRANSFER PROCEDURE

A Fat Transfer procedure begins with the use of an advanced, minimally-invasive liposuction treatment to extract fat from your chosen area(s). This is usually performed under a short general anaesthetic and will require only tiny incisions.

The extracted fat is then refined before it is carefully injected in layers into the breasts to create volume and definition. As both parts of a fat transfer are minimally-invasive, no hospital stay is usually required making recovery and downtime far less than traditional breast implant surgery.

If you are unsuitable for an Breast enhancement procedure with Fat Transfer, Miss Bright-Thomas may still be able to offer you a different procedure to improve your breast symmetry.

THE BREAST FAT TRANSFER RESULTS

A subtle fullness is restored to the breasts. As implants are not used the final results are soft and natural-looking. However, not all of the fat may survive and sometimes the volume injected will reduce over the following 3 months. Occasionally small areas of the fat can become hard and lumpy due to inadequate blood supply (a condition called fat necrosis). This may require further investigation with breast imaging and sometimes core biopsy to exclude a local recurrence of your previous breast cancer.

Downtime is minimal. However, because there may be some bruising and swelling, it is best to wait one to two weeks before you hit the gym or do any rigorous physical activity.