



# Fat Transfer Breast Augmentation

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## What is Fat Transfer Breast Augmentation?

Fat transfer breast augmentation, or a 'natural breast augmentation', or 'fat transfer to breast', is a surgical procedure designed to increase the volume of the breast using fat grafting techniques. This eliminates the need for foreign implant materials such as breast implants, and enables more natural-looking outcomes.

Fat Transfer Breast Augmentation (or Natural breast augmentation or 'fat transfer to breast') benefits from the use of liposuction to harvest the fat to be transferred and injected to the breast, allowing your surgeon to remove unwanted fat from stubborn areas anywhere in the body as part of this procedure.

Infection rates are also significantly reduced as the need for a foreign implant is eliminated, and the procedure completely natural and organic. Fat is also injected into the breast meaning scarring is minimal.

The Cadogan Clinic employ virtual imaging software to help you visualize potential outcomes in your individual case via Crisalix Imaging software, as well as carefully manage expectations and increase the chances of achieving your aesthetic goals.

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## Why do people have it

Fat Transfer Breast Augmentation (or Fat Transfer to Breast) is the perfect solution for those looking to refine the size and shape of their bust rather than significantly alter it. Fat transfer to breast provides a subtle boost to the volume of the breast, and is most suitable for those looking to increase by no more than one or two cup sizes.

For those who want a more significant increase in their bust size, we usually recommend surgical breast augmentation with implants.

However, not everyone wants foreign material inserted into the body and natural breast augmentation using your own fat is an attractive alternative.

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## Who is suitable

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- Physically and psychologically fit and healthy, with fully developed breasts
- Concerned by the size or shape of at least one of their breasts
- Have realistic expectations of what can be achieved by surgery

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## What to expect



### PHASE 1: CONSULTATION

The first step for all of our patients is to meet with the surgeon we feel is most suitable to you and best placed to perform your procedure for a consultation.

At the consultation you will be able to discuss with your surgeon what you hope to achieve from the breast augmentation procedure, as well as discuss in detail what may or may not be possible given your existing breast anatomy, bone structure and skin quality.

Our surgeons employ Crisalix imaging technology meaning you will be able to see before and after photos of what your results may look like. These images will help you to visualize what the potential outcome of your surgery will be. Images can show both the sizing of the breasts and the areas where the fat will be taken from, so you can have a visual of what the overall results will look like. The Crisalix images are emailed to you, so that you can take them home and review the different options while considering going ahead with surgery. This is an excellent way to get opinions from your partner or friends on what you will look like following your breast augmentation.

A comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

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## What to expect



### PHASE 2: PRE-PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure.

Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission



### PHASE 3: DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant tests, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself is takes place under general anaesthetic over the course of between one and three hours. The surgery involves the harvesting of fat via liposuction and the re-injection of this fat into the breast site.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

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## What to expect



### PHASE 4: POST PROCEDURE & RECOVERY

Once home you will have access to our dedicated oncall nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and recovery, and are there to field any questions you may have in the immediate post operative phase.

Natural breast augmentation recovery is fairly quick and any residual discomfort should subside in a matter of days. Patients are able to return to a normal routine after a week following the procedure. The full healing process is between 2 – 3 weeks. You will have some bruising and swelling, but it will be gone after a few days and you'll be able to get back to your normal routine.

We advise patients to take a week off work whilst swelling is at its peak. We ask our patients to be sensitive to their breast area during this time, and not try to do too much too soon. We also recommend avoiding UV light for 2 -4 weeks to aid the scarring process.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing process.

You should start to see your results clearly after 6 week mark. We ask that you come in to see your surgeon after 6 weeks for a post procedure for a final check up.

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## What are the risks

Complications are rare although, as with all surgery, possible. Your surgeon will discuss each of these risks comprehensively at your consultation. Some risks might include:

- Asymmetry
- Bleeding / swelling
- Contour / shape irregularities
- Fat necrosis
- Infection
- Scarring

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## Why Come to Cadogan Clinic for Fat Transfer Breast Augmentation?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We were founded by Mr Bryan Mayou, the surgeon who first brought Liposuction the UK, and he has trained the next generation of specialists at the Clinic
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

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## At a glance facts



### SURGERY TIME

1 - 3 hours



### HOSPITAL STAY

Day case



### TIME OFF WORK

1 - 2 weeks



### FULL RECOVERY

4 - 6 weeks

