



Breast Enlargement by Fat Transfer

MedBelle Information Brochure

Why we prepared this brochure for you

Hi, my name is Sarah.

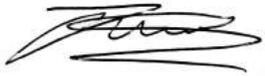
I'm a cosmetic treatment adviser with MedBelle.

Every day, I speak with women in the UK looking into breast treatment. Having worked in the industry for some time now, I have come to realise how difficult it is to find comprehensive and reliable information on the web about procedures, surgeons, and aftercare.

At MedBelle, our goal is to make healthcare simple and more transparent for patients. With this brochure, my team and I aim to take the first step towards simplifying the research process for you.

Please let me know if there is anything I can help you with. That's what I'm here for.

For now, have fun with the brochure!



Sarah O'Connell



MedBelle Breast Enlargement Guide

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Medical Name

Lipoaugmentation

MedBelle only works with highly experienced BAAPS/BAPRAS surgeons

Goal

Increase the size of a woman's breast

Anaesthetic type

General

Length of each surgery

60 - 180 minutes

Amount of sessions

Between two and five

Recovery time

Office work: 3-4 days

Light duties: 1 week

Exercise: 2 weeks

Betw. sessions: ≈ 3 months

Reasons for Breast Enlargement

Reconstruction

e.g. after mastectomy, usually following breast cancer

Cosmetic

To enhance the body contour of women who are not satisfied with their breasts' size or shape:

- Restore breast volume after pregnancy
- Balance a difference in breast size and/or correct asymmetry (e.g. after weight loss)
- Achieve more desirable look





Method of Fat Transfer

The current standard for breast augmentation involves placement of an implant. However, over the last 25 years the use of autologous fat transplantation for breast reconstructive and cosmetic purposes has shown predictable and satisfying results.

During the procedure, unwanted fat is harvested from liposuction of the thighs, buttocks, or stomach, for example. In a second step, it is inserted into the breasts to increase their size. Fat transfer is also suited to fill in minor defects or abnormalities or to soften existing implant appearance.

Important: Autologous fat grafting to the breast is not a simple procedure and should be performed only by well-trained and skilled surgeons. At MedBelle, we only work with the UK's best plastic surgeons.

What distinguishes autologous fat from implants?

Advantages

Minimally invasive alternative to implants

No cuts, thus almost scarless

Approach not only to enhance size, but also breast shape, form, and asymmetry

Fat reduction (liposuction) in other parts of the body

Disadvantages

As only a limited amount of fat can be injected, lipoaugmentation cannot match the enhancement volume possible with an implant

Very time-consuming procedure (2-3 hours each) and multiple episodes are required ("top ups")

Up to 50% of the fat is absorbed in the first six months after the operation



Multiple Session Procedure

First session

The area used for collection (usually your stomach or thighs) is injected with a “tumescence” solution which reduces pain (and bleeding). The area then undergoes liposuction and the collected fat is purified before being injected through a cannula into the natural small hollows within the upper portion of your breasts, resulting in their enlargement.

Second session

After eight weeks, the first top up is performed. The fat harvested from the first liposuction will be sufficient for the following sessions. Therefore, you do not have to undergo fat liposuction again.

Third and following sessions

Until the desired results are achieved, the following sessions can take place roughly every six months.





Desired Breast Size

As mentioned before, lipoaugmentation requires multiple episodes to bring about a worthwhile effect or only applies if you wish a very modest enlargement. Some of the fat is absorbed in the initial weeks after the operation but fat that lasts beyond this time will bring about a permanent enlargement. This is a much more gradual approach compared with implant based breast augmentation, but does avoid breast implant.

The sizing always begins by taking measurements of your breast base width and evaluating your soft tissue envelope. Your surgeon will then be able to give you an idea of what enlargement is appropriate for you and you can try on a wide range of sizes in the consultation.

Note: It takes two and a half pints of fat to increase your breasts by one cup size. Each of your breasts can only hold up to one-and-a-quarter pints of fat, so keep your expectations reasonable. Also, your surgeon will not be able to guarantee you a cup size.



Your Consultation

You will meet your surgeon for a consultation (usually 15 minutes to an hour) to talk about your requirements and the operation. There are some important questions you should ask your surgeon:

- Do you think that what I want to achieve from surgery is realistic?
- What will you expect of me to get the best results?
- Where will my scars be located?

Your surgeon will consider:

- Your current breast size and shape
- The breast size and shape that you desire.
- The quality and quantity of your breast tissue and skin.
- Your past and present medical conditions.



What to let your surgeon know

As it may change the approach to your care, it is important that you notify your doctor and surgeon if you have any of the following:

- An autoimmune disease
- A weakened immune system
- A reflux
- Conditions that interfere with wound healing and/or blood clotting
- Reduced blood supply to breast tissue
- Chemotherapy or radiation to the breast tissue
- A clinical diagnosis of depression or any other mental health disorder including body dysmorphic disorder, and anxiety disorder and/or an eating disorder.

Risks & Complications

Our surgeons recommend that you have a two week "cooling-off" period between your consultation and treatment to allow you enough time to consider and decide if you wish to proceed with the surgery.

It is important to educate yourself of the possible risks of surgery. As your new breasts will also be new to your body, there are potential complications after the procedure you should be aware of.

Fat necrosis and oil cysts

Necrosis and cysts are cell injuries, which result in the death of transferred fat cells or are caused by prematurely dying fat cells, respectively. As these are well known complications of breast fat grafting, they are usually easily identified on mammogram and ultrasound, and have standardized treatments. Those complications generally occur in only a small proportion of patients, and should be able to be minimised with good surgical technique. Thus, it is important to choose a professional surgeon with many years of experience.



Internal bleeding

If it bleeding occurs, it usually happens immediately after the operation, but occasionally occurs up to two weeks later. In that case the breast becomes very swollen and tight and you need to go back to the operating room, where everything will be taken care of. You are likely to spend an extra night in the hospital and will be rather more bruised than expected, but things should settle down in time and it is unlikely to adversely affect your outcome from surgery.

Infection

Infections occur in less than 1% of cases but have to be taken seriously if they occur. In the unlikely case that you are affected, it will become apparent over the first two or three weeks post-op when things are not settling down as expected.

Mild infections will settle down with antibiotics. The package price you pay for your breast augmentation should cover the cost of dealing with bleeding or infection.

Aesthetic

There is always the risk that you are unhappy and dissatisfied with the result because of aesthetic reasons (size, shape, symmetry). We therefore advise patients to choose their surgeon carefully and make sure he or she fully understands your expectations.



Preparation Tips



You may find it more comfortable to sleep propped up after surgery, so make sure you have plenty of extra pillows. Rest and sleep on your back continuously in an inclined position (25-to 45-degree angle) for the initial postoperative days.



It is really handy to put cupboard items like mugs, crockery and food cupboard items on the kitchen counter. This way, you will not strain the stitches by reaching up for things. This will help the healing process.



You will not be able to lift heavy shopping for a while, so do a big food shop before your surgery day. Moreover, you could also cook some meals for the freezer, so you will not have to worry about cooking either!



Ask friends and family to help look after young children and pets for the first week or so until your stitches are removed.



Clean the house and do things like the laundry or taking the bins out before your operation. It is good to get jobs like that out of the way.



You may feel very sore from the operation and will not be allowed to drive, so it is essential that you arrange to get home safely. We can help you with travel arrangements as well!



After the surgery, eat high-protein, low-sodium foods, including fresh fruits and vegetables and lots of water and caffeine-free beverages. Avoid food and drink containing high amounts of salts and sugars during your recovery time.



Pick items that open in front the first few days. Wear slip-on shoes so you don't have to bend. Your care agent will tell you if you need to bring a supportive bra on the operation day*

The Procedure

The procedure lasts 60 - 180 minutes. You will come into the hospital in the morning of surgery, having had nothing to eat or drink the night before.

1. You meet the anesthetist and will have an anesthetic preoperative assessment
2. You meet your surgeon: sign the consent form, the surgeon draws some lines on the treatment area and you have a brief discussion about the exact goals of the surgery
3. You are taken to the operating theater, laid on the operating table, and put to sleep
4. Skin cleaning and draping to create a sterile field
5. Harvesting of fat in the area you discussed
6. Fat centrifugation, washing, processing, and refinement
7. Insertion of the fat and shaping of the breasts
8. You are taken back to the ward with some tapes and strapping on.
9. You may also wake up with some small drainage tubes to help further reduce swelling and bruising – these will be removed before you go home.



After Surgery

You are usually able to return home the same or next day. Before you leave the hospital, a post-operative appointment with the surgeon will be arranged for your convenience, so you can return within two weeks.



When can you resume activities like exercising and sport?

Week 1: Not at all. Aerobic activities might cause swelling
Week 2: Sports that don't include vigorous movement (e.g. cycling) can be done
After week 2: Everything should be possible again



How much time do I have to take off work?

That depends on your work. If it includes physical activity, e.g. as a waitress, you have to take at least a full week off and then start slowly. Otherwise, we recommend taking some days off just to be sure. In every case: Avoid even light duties for at least one week.



What other points do I have to consider?

You can't drive until the third day after surgery. You can't shower and bath for at least 48 hours after surgery. Wear compression garment day and night for 6 weeks. Avoid hot tubs and saunas for two to three weeks.



Care

After the surgery, it is very important that you follow the aftercare instructions given by your surgeon, including specific advice on how to take care of your drains (if applicable).

To prevent blood clots, it's recommended to start light walking again as soon as possible.

When it comes to scar care, there are a number of techniques that your surgeon may recommend that can aid the healing of your scars following surgery:

1. Scar massage - starting only after the incision has fully healed and the scab has completely disappeared on its own.
2. Silicone sheets or scar gels for six months to a year as soon as the glue/tape from the surgery is off, and the incision has fully healed.
3. Keep the scars out of the sun and/or use sunscreen to avoid colour differences.

Final Results

Especially due to multiple sessions, it takes some time until you can see the final results of the surgery.

After each session, pain relief and compression bandages are recommended for the first 24 to 48 hours. The breasts will feel temporarily over-enlarged, tight and heavy due to post-surgery swelling.

Your breasts will be very sensitive and swollen for several weeks, and it may take a few months for them to settle perfectly. During this time your breasts may appear tight, too high or unnaturally round and your nipples may become a little numb or over sensitive for a short while.

4 to 6 weeks after your last surgery, your body should have healed to the extent that you can see the full, permanent results of your breast enlargement and feel well in your new self. However, it can take more than 12 months until everything feels completely settled, depending on the quality of surgery.





Frequently Asked Questions

Breastfeeding

Although uncommon, some women have difficulty breastfeeding and may produce less milk following an enlargement procedure. On average, there is roughly a 90% chance that you will be able to breastfeed, on the assumption that you were able to breastfeed before the surgery.

If you've had a baby and are currently breastfeeding, your surgeon may require you to stop breastfeeding for 3 to 6 months before surgery in order to allow the breasts to settle before your procedure.

Effects of drugs

If you smoke, drink alcohol, are overweight and/or take drugs for medical or other reasons, the risk of complication during and after surgery can be greatly increased. Just about all plastic surgeons strongly recommend women to stop smoking and using all nicotine products at least six weeks before surgery.

Do I need a GP referral for cosmetic surgery?

Most cosmetic surgeons will be happy to see you for an initial consultation without a referral from your GP. But if you plan to go ahead with cosmetic surgery, your surgeon may ask your permission to contact your GP for details of your medical history.

What effect has weight gain or loss after a breast enlargement?

Significant weight gain or loss may affect the appearance of your breasts in general. Actually, it might still behave as it would have from its original site. In other words, if it would lose volume with weight loss when it was in the abdomen it will still lose volume when it is in the breasts. After all, it is difficult to predict how a specific lady's breasts will change with weight loss.

Does breast fat grafting change mammograms?

There is no question that fat grafting causes changes (including calcification) that are visible on mammograms. There is increasing evidence that those changes are equivalent to changes seen from other breast surgery, such as reductions. Most trained radiologists are able to determine the differences between postoperative calcifications and breast cancer changes.



We are here for you

high-quality breast surgery through careful
surgeon selection and superior service

Take a step towards your treatment



Comprehensive
Information



Free MedBelle
Advice



Consultation with your
Ideal Surgeon



Highest-quality
Treatment



Quality you can trust.



All our surgeons are members of BAAPS or BAPRAS, the most prestigious societies for plastic surgery. All of them are registered in the specialist register of the General Medical Council for plastic surgery.

All of our partner clinics fulfil the highest quality standards as confirmed by the Care Quality Commission.

