

Fat Grafting to Breast

Fat grafting, also known as fat transfer or autologous fat injection, is a natural and minimally invasive method for breast enhancement. This procedure involves harvesting fat from areas such as the abdomen, thighs, or flanks and injecting it into the breasts to increase volume, improve shape, and correct asymmetry. Fat grafting provides a more natural alternative to breast implants and offers the added benefit of body contouring.

A Natural Enhancement Option

Who is a Good Candidate for Fat Grafting to the Breast?

Fat grafting is an excellent option for individuals who:

- Desire a modest increase in breast size.
- Prefer a natural alternative to implants.
- Have sufficient fat in donor areas for transfer.
- Want to correct breast asymmetry or volume loss due to aging or weight loss.
- Are undergoing breast reconstruction after mastectomy or lumpectomy.

Procedure Overview Fat grafting to the breast is a three-step process:

1. **Liposuction:** Fat is carefully harvested from selected areas using gentle liposuction techniques.
2. **Purification:** The extracted fat is processed to remove impurities, ensuring only healthy fat cells are used.
3. **Injection:** The purified fat is meticulously injected into the breasts to achieve the desired volume and shape.

Recovery and Aftercare

- Mild swelling, bruising, and tenderness in both the donor and recipient areas are common.
- Most patients return to normal activities within a few days, with full recovery in 2-4 weeks.
- Compression garments may be recommended to aid in healing and body contouring.



- Final results become visible after a few months as the transferred fat settles and integrates with the existing tissue.

Benefits of Fat Grafting to the Breast

- Natural-looking and feeling results.
- No foreign implants or synthetic materials.
- Dual benefit of breast enhancement and body contouring.
- Lower risk of complications compared to implants.
- Permanent results, though some fat absorption may occur over time.

Frequently Asked Questions

1. How much volume can fat grafting add to the breasts?

Fat transfer provides a subtle to moderate enhancement. Patients seeking a significant size increase may require multiple sessions or consider implants.

2. How long do fat grafting results last?

Results are long-lasting, with many patients maintaining their enhanced breast volume for years. However, weight fluctuations can impact the results.

3. Can fat grafting be combined with other procedures?

Yes, fat grafting can be performed alongside breast lifts, implant removal, or breast reconstruction for optimal results.

4. Will I have scars after fat grafting?

The procedure involves tiny incisions for liposuction and fat injection, resulting in minimal and barely noticeable scars.



Schedule a Consultation If you're considering fat grafting for breast enhancement, consult with an experienced plastic surgeon to determine the best approach for your aesthetic goals.

At **Dr. Buğra İpek's clinic**, we specialize in advanced fat transfer techniques to help you achieve natural, beautiful results.



Op. Dr. Buğra İPEK

MD, FEBOPRAS Estetik Cerrah European Board Certified Plastic Surgeon

+90 530 293 24 00 +90 530 293 24 00 info@drbugraipek.com

www.instagram.com/opdrbugraipek - www.drbugraipek.com

Caddebostan Mah. Bağdat Cad. 298/14 İstanbul