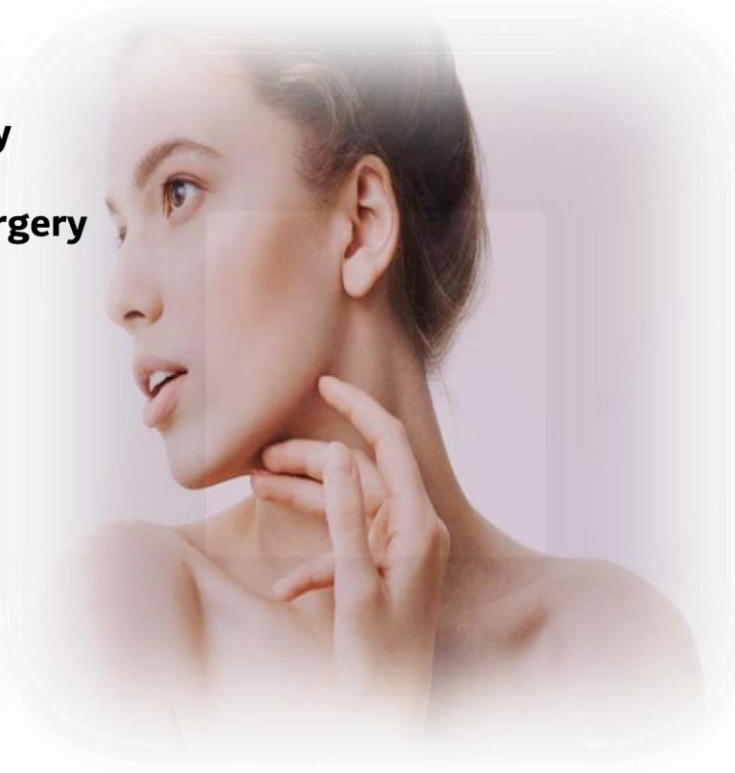


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Breast Fat Injection

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What is Breast Fat Injection

Breast Fat Injection or Fat transfer is meant for patients who want to reshape or augment their breast moderately with their own fat and reach a natural and plumper breast contour without using exogenous implants.

Fat transfer, which includes liposuction and fat injection is a surgical procedure that uses a suction technique to remove fat from specific areas of the body, such as the abdomen, hips, or thighs and inject the fat into the breast. Liposuction also shapes (contours) the treated areas.

Check the illustrative video [here](#)¹.

Before the Surgery... Preparation and Expectations

It is important to know the following before deciding to undergo a liposuction surgery:

- Liposuction reduces the number of fat cells in a specific area. The amount of fat removed depends on the appearance of the area and the volume of fat. The resulting contour changes are generally permanent — as long as your weight remains stable.
- You may be a candidate for liposuction if you have too much body fat in specific spots but otherwise have a stable body weight.
- Liposuction isn't typically considered an overall weight-loss method or a weight-loss alternative. If you're overweight, you're likely to lose more weight through diet and exercise or through bariatric procedures — such as gastric bypass surgery — than you would with liposuction.
- Liposuction doesn't improve cellulite, dimpling or other skin surface irregularities. Likewise, liposuction doesn't remove stretch marks.
- Not all the volume of injected fat will remain in the body, as not all fat cells will survive, and some will be reabsorbed by the body. It takes months for the fat cells to receive their new blood supply, but once it settles, the results are permanent.
- There's a possibility that you might need another session of fat transfer in the future to reach the desired volume and shape.

Cited in :

– American Society of Plastic Surgeons: <https://www.plasticsurgery.org> –

Mayo Clinic: <https://www.mayoclinic.org/>

¹ <https://bit.ly/2Fyqnex>

Before the surgery, a detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests and you might be asked to do a baseline mammogram and or breast ultrasound.
- Determine the desired body part for liposuction and its consistency with the rest of the body and discuss the required and/or possible changes of the breast size and shape and agree on them.
- Photographs of your body (required areas) from different angles and close-up photos of some features.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your procedure will be performed and the date of operation.

Our medical team may advise against liposuction and fat transfer if you have a medical condition that prevents blood clotting or experiencing ongoing weight fluctuations (or if you are significantly overweight), or if you are a heavy smoker. Liposuction and fat transfer surgery isn't for everyone.

Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by your surgeon.
- Stop smoking 3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

During the Surgery

- **Anaesthesia:** Type of anaesthesia will be discussed and determined with our medical team before the surgery. Local or general anaesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** Before your liposuction procedure, we may mark circles and lines on the areas of your body to be treated including your breast.
 - A sterile solution — a mixture of salt water, is injected to aid fat removal, an anaesthetic (lidocaine) to relieve pain and a drug (epinephrine) that causes the blood vessels to constrict — into the area

that's being treated. The fluid mixture causes the affected area to swell and stiffen. Then we make small cuts into your skin and insert a thin tube called a cannula. The cannula is connected to a vacuum that suctions fat and fluids from your body that will be collected in a sterile cannister.

- The collected fat will be purified and transferred to your breast using fat injection cannulas connected to syringes or a power pump to increase your breast volume and improve the breast contour.
- The surgery lasts for 2-4 hours depending on the surgical details and patient's situation.

After the Surgery

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
- Expect some pain, swelling and bruising after the procedure. Medication will be prescribed to help control the pain and antibiotics to reduce the risk of infection.
- We may leave your incisions open to allow any blood or fluids to drain or place temporary drain tubes to promote fluid drainage.
- You usually need to wear tight compression garments, which help reduce swelling, for a few weeks.
- The swelling will improve by time along with the contour and size.
- Do not worry if suction fluids and solutions come out and appear on the corset. These fluids may be in large amount and bloody. This is normal and will decrease gradually within 3 days.
- You may need to wait one week at least before returning to work and a few weeks before resuming your normal activities — including exercise.
- During this time, expect some contour irregularities as the remaining fat settles into position.
- If you notice warmth and redness in your breast or have fever, you might have an infection. Contact our medical team as soon as possible.

Post-Procedure Precautions

1. We recommend wearing an elastic compression bra after the operation and for 1- 2 months, to protect the breasts. It must be comfortable, of good cotton material and not compressive. This is

one of the most important factors for the success of the surgery and maintaining the aesthetic shape.

2. Avoid normal underwire or push-up bras for a few months after surgery.
3. Sleep at a 45-degree angle for a week after the operation.
4. It is recommended to sleep on your back only for the first 3 weeks.
5. You might need to wear a corset for 4-8 weeks (upon the doctor's advice). It should be tight to ensure the best results of contouring and avoid fluid accumulation after liposuction.
6. The corset will be removed for the first time on the 3rd day after the surgery. Then it can be removed for 15 minutes daily to shower. You will be instructed on how to care for the surgical site.
7. You might need to replace the corset with a smaller size after a while (after the swelling decreases).
8. In case of abdominal liposuction, an abdominal belt might be needed over the corset for 1-2 months.
9. It is advised to walk (a minimum of 30 steps daily inside the room), to avoid immobility risks.
10. It is important to watch out for not standing up suddenly from a sleeping position. Yet, sit on the bed firstly, then stand up gradually to get out of bed.
11. It is highly recommended to perform massage (manual lymphatic drainage massage) on the liposuction treated area, as early as 3-7 days postoperative, for better results and faster recovery. You can do it yourself at home or ask our clinic for support. Check massage video [here](#)².
12. Do not massage the fat injection treated areas, especially for the first 3 weeks.
13. Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.
14. Stop smoking. Smoking slows the healing process and may make you more likely to get an infection.
15. Eat high-fiber foods, such as fruits and vegetables, to avoid constipation.
16. Limit your dietary salt intake to help faster swelling recovery.

² <https://youtu.be/SXQ4zppUcAI>

Recovery and Results

- Your improved breast and body contour will be apparent when the swelling and fluid retention commonly experienced following liposuction and fat transfer subside. It takes a few weeks for the swelling recovery and several months to observe a leaner appearance on the liposuction treated area and a natural-looking plumper breast.
- It is natural for skin to lose some firmness with aging, but liposuction results are generally long lasting as long as you maintain your weight.
- If you gain weight after liposuction, your fat distribution may change. For example, you may accumulate fat around your abdomen regardless of what areas were originally treated.

Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visits (once a month) during the next 6-12 months.

Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of liposuction and fat transfer are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Liposuction risks might include:

- Anesthesia risks
- Fluid accumulation, swelling and/or bruising.
- Irregular contours or asymmetries
- Irregular pigmentation
- Poor wound healing

- Change in skin sensation that may persist.
- Deep vein thrombosis, cardiac and pulmonary complications
- Rippling or loose skin, worsening of cellulite which might require a revision surgery.
- Damage to deeper structures such as nerves, blood vessels, muscles, lungs and abdominal organs.

Fat transfer risks might include:

- Most fat cells not surviving.
- Cysts
- Infection
- Microcalcifications
- Fat Necrosis (death of fat cells)

Medication

R/Tavanic 500mg	One tablet daily for 5 days
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Neurontin 300mg	One tablet before sleeping for 5 days
R/Alphintern	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
R/Controloc 40mg	One tablet 30 minutes before breakfast for 10 days

Cited in:

- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>