Fat Transfer - An Information Guide

Procedures involving fat transfer are becoming more and more popular as we, consumers, are looking for more ‘natural’ and not so invasive ways to enhance, improve, and even change our appearances.

Here we’ve put together all the articles and blogs from Plastic Surgery Hub in an easy guide for you to have a read through.

If you are a surgeon and would like to add something to this growing guide, get in touch. If you’re a consumer and would like to know anything not covered here, get in touch. Our goal is to provide you with an updated information guide.

Plastic Surgery Hub

An Introduction

Fat Transfer to the Breast - Organic Breast Implants
Fat transfer to the breasts – also known as organic breast implants or natural breast implants – are rapidly becoming popular as consumers turn to more non-invasive ways to enhance their appearance.

Breast Fat Grafting in Sydney
with Dr Gavin Sandercoe, Bella Vista NSW
May 2016

The Latest Facelifting Trends & Techniques - It’s All About Fat
Dr Allan Kalus, Specialist Plastic Surgeon, Windsor VIC
May 2016

Fat transfer to the breasts
A video with Dr Allan Kallus, Specialist Plastic Surgeon, Windsor VIC
February 2016

Dr Allan Kalus
Why he is so enthusiastic about the revolutionary new fat transfer procedures.
January 2016

Fat Transfer,
Dr Nimrod Freidman, Plastic Surgeon, Tel Aviv, Israel
38th Annual ASAPS Conference
November 2015
Stem Cell Research, Fat Grafting and Liposculpture
Dr Ewa Siolo, Plastic Surgeon, Johannesburg, South Africa
38th Annual ASAPS Conference
November 2015

Consultation with Dr Simone Matousek
Fat Transfer to the Breast
July 2014

White Paper on Fat Grafting
By Dr Simone Matousek, Specialist Plastic Surgeon, Potts Point, NSW
August 2013
FAT TRANSFER CUSTOMER QUESTIONS,
WITH RESPONSES FROM PLASTIC SURGEONS

Question:
Who is the most experienced surgeon regarding breast enlargement via fat transfer in Victoria please?
Answer (Dr Patrick Briggs, Specialist Plastic Surgeon, Perth WA)
This procedure is in its “early days” in Australia and currently I am not aware of any surgeons with sufficient surgeries to be experienced enough in this procedure. As surgeons currently we are not covered by our indemnity insurers for fat transfer to the breast, unless it is part of breast reconstruction after mastectomy or trauma.

Question:
Is there any surgeons in Queensland that perform fat transfer breast augmentation?
Answer (Trish Hammond, Plastic Surgery Hub)
Dr Terrence Scamp does in the right circumstances. Dr David Chin does fat transfer. Hope that helps.

Question:
I have small and assymetrical breasts. My left is bigger than my right. but they are barely a A cup.
Answer (Dr Mark Hanikeri, Specialist Plastic Surgeon, Subiaco WA)
Hi there and Thanks for your question
It is almost impossible to give you a reliable answer without a face to face consultation. Autologous Fat Transfer (AFT) can be used and is a good tool for minor breast augmentation (<100cc volume), however there are a few issues with using this technique in Australia. If you are barely an A-cup, I doubt AFT would be appropriate for you.

Question:
I need to also reduce my calf size because i think my calves look too muscular. nd I think my thighs are a bit big.
Answer (Dr Mark Hanikeri, Specialist Plastic Surgeon, Subiaco WA)
Certainly liposuction may be an option for your calves and thighs.

Question:
What is the best treatment for me? Fat transfer?
Answer (Dr Mark Hanikeri, Specialist Plastic Surgeon, Subiaco WA)
You should see a Plastic and reconstructive Surgeon who is a member of the Australian Society of Plastic Surgeons for a face to face consultation to discuss your options.

Question:
As i want to get a fat transfer done ,so stomach fat put into breast can this come under Breast ptosis? So i have had 3 kids all via c-section and am looking into a fat transfer procedure, can this be covered by medicare and private health?
Answer (Dr Terrence Scamp, Specialist Plastic Surgeon, Maine Beach & Brisbane QLD)
No fat transfer to the breast wouldn't be covered by Medicare or private insurance as a breast ptosis correction. Fat transfer is not likely to fix breast sag. It can only revolumise / reshape the breast. You would be best served to have a consultation with a plastic surgeon to be properly assessed and your options explained.

Question:
Could I get a general quote if i wanted to do this procedure to go from B cup to C cup boobs. How much would it cost?

Answer (Dr Mark Hanikeri, Specialist Plastic Surgeon, Subiaco WA)
Autologous Fat Transfer (AFT) can be used and is a good tool for minor breast augmentation (<150cc volume or 1 cup size), however there are a few issues with using this technique in Australia. Firstly, the regulatory body for new technologies in Australia (ASERNiPS) has not yet approved this technique for “normal breasts”. That is, breasts with intact breast gland within it. Consequently, Medical Defence Organisations (MDO’s) can choose not to cover surgeons who perform AFT in normal breasts if there is a problem. Some studies from overseas have demonstrated that fats cells and specifically fat derived stem cells have the ability to enhance cancer cell growth in the laboratory. It is therefore a cause for concern for some surgeons and MDO’s. The fear is that there are no long term studies demonstrating the safety of AFT, specifically in not causing breast cancers and the data may take decades to retrieve.
Secondly, the amount of “graft take” after AFT can be unpredictable. As a result, patients may need the procedure performed more than once. Medicare and the private insurance companies have not yet caught up with AFT in Australia and hence, patients may find themselves with large out of pocket costs for this procedure, especially if it needs to be performed several times.
You should contact the Australian Society of Plastic Surgeons to find one who performs this procedure and after a face to face consultation, they will be able to provide you with an estimate of your expected fees. These fees vary from surgeon to surgeon. Some may be prepared to quote without a consultation however this may not be accurate if there are unexpected issues that apply specifically to you.

Question:
Have read a little on fat transfer to breast, seems likes it’s new to Australia but I’m hoping someone in WA might do it as I can’t afford implants as well as I dnt like them…..can’t find anyone!!

Answer (Trish Hammond, Blogger - Plastic Surgery Hub)
There are a few practitioners that do the procedure, but not sure about WA – if you’d like to send me an email to info@plasticsurgeryhub.com.au – I will in the meantime see if I can find a reputable practitioner who does the procedure. Last time I chased it up for WA (about 1 year ago) I couldn’t find anyone! But time has moved on, so drop me an email reminder.

Question:
Hi, I am interested in getting an organic breast augmentation (fat transfer) somewhere near the end of this year. How do I go about getting a consultation and quote?

Answer (Trish Hammond, Blogger - Plastic Surgery Hub)
Here’s a link to our Brisbane Plastic Surgeons. You may need to contact their office to check if they do this procedure first.
Hope that helps.
**Question:**
Hai, just want to ask about fat transfer to the breast, what is the price total for all the operation?

**Answer (Trish Hammond, Blogger - Plastic Surgery Hub)**
Prices vary according to each individual case. I would suggest having a consultation with your chosen surgeon who will be able to give you a detailed price for your specific needs.

**Question:**
Please provide details of surgeons performing this procedure in Victoria – Justine

**Answer (Trish Hammond, Blogger - Plastic Surgery Hub)**
Here’s a link to the Vic practitioners. You will have to call to see if they do what you specifically want.

**Question:**
What is the most effective non surgical option for ridding fat around thighs, stomach etc and also best option for non surgical face 'lift'. It is a little confusing trying to decide which is the best i.e. most effective option for getting rid of areas of stubborn fat e.g. Clatuu? coolsculpting? ultrasound techniques? other? Approximate costings also if you can. I also would like information about the various options for facial rejuvenation....I have ageing changes with sagging of cheeks and don't really want to undergo surgery. Thank you.

**Answer (Trish Hammond, Blogger - Plastic Surgery Hub)**
I’m sure this question would be answered differently by everyone. here’s my opinion – i love clatuu and have had a treatment myself on my 'back fat'. I had great success after 1 treatment too! Costings – varies from clinic to clinic, so you will have to do a ring around for that.
Facial rejuvenation – there’s so many options out – here’s a few non-surgical treatments you might consider – Ultraformer, silhouette soft threads, hydrafacial, infini, secret RF, anti-wrinkle injections, chemical peels, fractional laser, IPL, microdermabrasion, PRP, fat transfer, LED, Laser Genesis – the list just goes on. I would suggest you read about each of the procedures available and decide which seems best for you. Here’s a link to the non-surgical treatment pages on PSHub.
Hope that’s been helpful. If you need any further info feel free to email info@plasticsurgeryhub.com.au or call us on 0429 264 811.

**Answer (Dr Terrence Scamp, Specialist Plastic Surgeon, Maine Beach & Brisbane QLD)**
CoolSculpt is the most commonly used non-surgical fat reduction technique around. Like all techniques it is not without its risks. Faces age from sun effects on skin, from expression lines, from loss of tissue volume and from tissue sag. How an individual face ages is a variable combination of these things and therefore treatment options are individualized accordingly, surgical and non-surgical. At consultation these options are discussed and their likely success. Beyond that it is impossible to give you much more advice without seeing you.

**Question:**
Hi, I am 19 years old and completely flat chested. My mother was also and I finished growing years ago so I have been looking into the options of enlarging at some point in my life but being a very skinny person would a fat transfer even be possible for me? I have some chub on my thighs but that’s all it’s ever really been.. I’m 170cm tall and 50kilos. thanks a lot in advance.

**Answer (PHUB Admin)**
Fat transfer when there is not much fat can be questionable. The only option would be to have a consultation with a Plastic Surgeon so they can see you physically, that way you will have a proper
answer to your question. In the meantime, here’s a link to a White Paper on Fat Transfer written by Dr Simone Matousek who has performed this procedure many times.

Question:
Hello, I have a couple of question about breast asymmetry for a research project for school. Can a fat transfer operation be completed to rectify breast asymmetry, or must a breast implant be used? Is a fat transfer operation a more expensive way to rectify the problem or is it cheaper?

Answer (Dr Mark Hanikeri, Specialist Plastic Surgeon, Subiaco WA)
Hi there and thanks for your question. Autologous Fat Transfer (AFT) can be used and is a good tool for mild breast asymmetry (<100cc volume difference), however there are a few issues with using this technique in Australia.
Firstly, the regulatory body for new technologies in Australia (ASERNIPS) has not yet approved this technique for “normal breasts”. That is, breasts with intact breast gland within it. Consequently, Medical Defence Organisations (MDO’s) can choose not to cover surgeons who perform AFT in normal breasts if there is a problem. Some studies from overseas have demonstrated that fats cells and specifically fat derived stem cells have the ability to enhance cancer cell growth in the laboratory. It is therefore a cause for concern for some surgeons and MDO’s. The fear is that there are no long term studies demonstrating the safety of AFT, specifically in not causing breast cancers and the data may take decades to retrieve.
Secondly, the amount of “graft take” after AFT can be unpredictable. As a result, patients may need the procedure performed more than once. Medicare and the private insurance companies have not yet caught up with AFT in Australia and hence, patients may find themselves with large out of pocket costs for this procedure, especially if it needs to be performed several times.
Finally, there are many causes and types of “Breast Asymmetry”, not all of which are related to volume. The nipple size and position, breast dimensions and skin laxity can all vary, without significant volume differences, between the breasts. Consequently, it is up to the surgeon to develop an approach that is tailored to the specific cause of the asymmetry applicable to the patient which may necessitate augmentation of one or both sides, in one or more procedures.
Medicare and most private insurance companies do recognise the issue of significant breast asymmetry and may cover some of the cost of the surgery including the cost of implants when used. This can make breast implants a cheaper alternative than AFT for appropriate patients with significant asymmetry.

Question:
How safe are organic breast implants? How is this better compared to saline or silicone?
Answer (Trish Hammond, Plastic Surgery Hub)
Hi, here’s a response to your question. it doesn’t compare to saline or silicone – it’s a totally different procedure. If you are after the big breast augmentation, this is not an option.