

Breast Fat Transfer

*Consultations offered at our two convenient locations in
Manhattan, NY, and Queens, NY*



Fat transfer is not a new surgical technique, but it is growing in popularity as plastic surgeons find innovative ways to accentuate the body using a patient's own fat. One of the most exciting applications of this technique is breast enhancement. As a safe and effective alternative to implant-based breast augmentation, fat transfer is an appealing option for women who want to add natural-looking shape and volume to their breasts but do not want foreign materials in their bodies.

Fat transfer breast augmentation delivers the benefits of two surgeries in one. The procedure involves collecting fat from another area of the body with

[liposuction](#) — often a common “problem area” like the abdomen, flanks, or thighs — and injecting it into the breasts. After fat transfer breast augmentation, patients enjoy fuller, naturally enhanced breasts and a shapelier body with very minimal scarring.

Breast augmentation patients come to New York City from throughout the Tri-State Area to have their surgeries performed at The Everett Clinic. If you’d like to meet with Dr. Marc Everett, [request a consultation online](#) or call us at **(212) 774-7715** to schedule an appointment.

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Considerations

Fat transfer breast augmentation may help you sculpt your ideal figure if your goals include:

- Adding moderate fullness to your breasts
- Improving the shape of your breasts
- Balancing breast unevenness
- Removing unwanted fat from an area of your body
- Taking an all-natural, organic approach to breast enhancement
- Avoiding breast implants and their associated risks and maintenance
- Reducing recovery time
- Minimizing postoperative scarring
- Achieving results that look and feel natural
- Enhancing the aesthetic results of a breast augmentation surgery with implants

Ideal Candidate

You may be a candidate for fat transfer breast augmentation if:

- Your breasts are finished developing
- You have enough excess fat to use for the transfer
- You desire a modest increase in the size of your breasts
- You are in a good general state of health
- You do not smoke
- Your goals and expectations are realistic

It's critical to match the right procedure with the right patient. The fat transfer technique is best for women who want subtle and elegant enhancement, rather than an extreme increase in breast size. Furthermore, implants often provide a lifted look that fat transfer does not, so women who wish to address sagging breasts may achieve better results with implants or a breast lift.

To be considered for a fat transfer breast augmentation, patients must have sufficient fat to use for the fat transfer. Slim patients may not be good candidates and may be advised to consider implants instead.

Dr. Everett will determine which procedure is the best match for your goals after an in-person evaluation.

About Breast Fat

Transfer

Fat transfer breast augmentation has become one of Dr. Everett's most requested procedures, rivaling the popularity of traditional breast implants. This method is an excellent option for patients seeking a subtle increase in breast size or looking to restore volume lost due to weight fluctuations, aging, or other factors. Fat transfer breast augmentation can improve cleavage, correct asymmetry, and deliver beautiful results with minimal scarring and downtime. Since the procedure uses your own natural tissue, it eliminates the need for breast implants and reduces the risk of allergic reactions.

Dr. Everett maintains the highest standards of fat purification, using devices like Viality ⁽¹⁾ to remove impurities and preserve only the healthiest fat cells. He injects the purified fat in small, controlled amounts to achieve a smooth and natural-looking outcome. If a patient desires a more dramatic size increase, Dr. Everett might still recommend implants. A fat transfer can even be used to enhance the look of implants. Ultimately, Dr. Everett can help you explore all of your options during your personal consultation.

Overview of the Procedure

Fat transfer breast augmentation is a three-part procedure performed on an outpatient basis. The three steps involve: liposuction, purification, and reinjection.

Liposuction Portion of the Procedure

Fat transfer breast augmentation begins with liposuction to take fat from a donor area of the body that contains excess fat. To begin this portion, Dr. Everett will inject a tumescent solution—a blend of saline, lidocaine, and epinephrine—into the targeted area. This solution causes the fat cells to expand, making extraction easier while also minimizing bleeding, bruising, and discomfort, and ultimately reducing the recovery time.

After administering the tumescent fluid, Dr. Everett will remove excess fat from the targeted areas, often the abdomen, flanks, or thighs. Dr. Everett does this by utilizing specialized suction techniques to ensure that only the purest fat cells are extracted to ensure optimal results. Dr. Everett's liposuction system is attached to Viality, a fat transfer system with advanced cleansing mechanisms.

Purification

After utilizing liposuction to extract excess fat, the fat then undergoes the Viality purification process, during which healthy fat cells are cleaned and separated from other unwanted materials to maximize the survival of the transferred fat. This helps minimize the risk of complications and allows for more impactful results.

Reinjection

Once the fat has been extracted and purified, Dr. Everett will meticulously inject the fat into the breasts, shaping and layering it carefully to create the desired look. Because some absorption of fat is expected during the healing process, Dr. Everett typically places a slightly greater amount of fat than the intended final volume to account for this. From start to finish, this procedure tends to take between two and four hours.

Recovery & Results

Recovery after a fat transfer breast augmentation is typically shorter and more comfortable than recovery following a traditional breast augmentation. Each patient's recovery journey is unique, however, and your experience will depend on the volume of fat removed, the areas where Dr. Everett performed liposuction, and the number of areas used.

Soreness is expected in the breasts and fat harvesting sites for the first week. Bruising and swelling will decrease significantly over the first month. You'll be instructed to wear a compression garment to control swelling and retain your newly sculpted shape while you heal. Most fat transfer breast augmentation patients can return to work after the first week. You may resume light activity as soon as you feel comfortable, but it is important to avoid vigorous exercise and lifting heavy items for four to six weeks.

There may be minor scarring at the liposuction site(s). These scars are short and easily hidden with clothing, and should fade significantly over time. There will be no scars on or around the breasts because fat is injected with a very fine needle.

Results

The final results of a fat transfer breast augmentation develop over time. The initial postoperative swelling may cause your breasts to look larger and feel firmer than you desire. The swelling will gradually settle over the course of

several months, leaving you with a more natural look and feel. Some fat cells will not survive in their newly grafted position. For this reason, Dr. Everett may slightly over-graft to make sure you achieve your goals.

The cells that do not take will be naturally processed out of your body. The fat that survives the transfer will remain permanently. It should change proportionately with any future weight fluctuations, so maintaining a stable weight is an important part of sustaining your results. The fat transfer process can be repeated to increase the amount of permanent cells.

Can I Use Someone Else's Fat for a Breast Fat Transfer?

No, your body won't accept someone else's fat for transfer. However, there is a solution for patients who do not have enough of their own fat! From Tiger Aesthetics, [AlloClae](#) is a revolutionary product that is ready for use for patients who do not have sufficient fat for a breast fat transfer. As a "structural adipose filler," AlloClae consists of processed donor cadaveric fat. With AlloClae, patients do not have to undergo liposuction to achieve natural breast augmentation results with a fat transfer. The formula allows for immediate volume enhancements and promotes continued improvements over time. The procedure is done with local anesthesia and provides a less invasive

alternative to traditional breast augmentation with fat transfer methods. If you are interested in AlloClae as an alternative to traditional fat transfer, speak to Dr. Everett during your personal consultation about your options. Dr. Everett's practice is one of the first in New York City to offer this advanced, well-researched treatment, and we look forward to sharing its benefits with you!

Contact

Aesthetic trends are constantly evolving, and surgical techniques evolve along with them. A growing number of patients request subtle breast enhancements that complement their natural figure and may be undetectable to all but the most discerning eyes. Fat transfer breast augmentation has recently become a popular option for women who want improved shape, symmetry, and fullness without the drawbacks of breast implants.

Dr. Marc Everett is known for his breast augmentation procedures and has extensive experience in the latest fat transfer techniques. If you would like to learn more about this beautiful, natural way to enhance your breasts, contact The Everett Clinic today at **(212) 774-7715** or submit [this](#) online form.

References

1. Viality Enhanced Viability Fat Transfer | Tiger Aesthetics. Tiger Aesthetics. Published December 30, 2024. Accessed March 7, 2025.
<https://tiger-aesthetics.com/unique-regenerative-aesthetics-products/viality-enhanced-viability-fat-transfer/>