

# FAT TRANSFER TO THE BREASTS

Also known as a natural breast augmentation, fat transfer to the breasts has been performed for many years as an alternative to enhancing the breasts with breast implants and is becoming increasingly popular as more and more women desire a more subtle augmentation.

Breast augmentation with fat transfer can restore volume and shape to the breasts that have been lost as part of the ageing process, weight loss or pregnancy and breastfeeding.

It reduces some of the risks associated with breast implants and patients can expect long-lasting results.



## AM I SUITABLE FOR FAT TRANSFER TO THE BREASTS?

Fat transfer to the breasts is performed at the Karidis Clinic by Mr Mark Ho-Asjoe. During your consultation with Mr Ho-Asjoe, he will assess your suitability for the fat transfer breast augmentation procedure.

- You are at or near ideal your body weight – not suitable for those that do not have excess fat for harvesting
- You are not planning on losing any more weight in the future as it will affect your results
- Not suitable for those that have sagging – you may need a breast lift
- Not suitable for those expecting a significant increase in cup size – you usually get a half to one full cup size increase and may require more than one procedure

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## WHAT ARE THE BENEFITS OF FAT TRANSFER TO THE BREASTS COMPARED TO BREAST IMPLANTS?

There are many reasons why you may consider a fat transfer to the breasts as an alternative to breast implants. In recent years, there have been some concerns over breast implants although this is continually being assessed by the UK government health regulatory agency, the MHRA, and their current advice is that they are still considered a safe device.

One possible complication with breast implants, though, is that the body can react by encapsulating the implant, resulting in it becoming hard or misshapen, a complication known as capsular contracture. The body will not react in the same way to autologous fat being transferred from another part of the body to the breast.

Breast implants are also not considered a lifetime device and you may require further surgery in the future to replace or remove your implants. Fat that has been transferred successfully to the breasts should remain there permanently. You will also see better definition in the areas where the fat has been removed.

Typically, fat transfer to the breasts is a less invasive procedure than a breast augmentation with implants and requires less recovery. Scars are minimal, both in the area where the fat is taken and also the breasts.

## HOW IS FAT TRANSFER PERFORMED?

First, Mr Ho-Asjoe will remove fat from the donor area by liposuctioning the fat tissue. It is then processed to remove any impurities and then carefully injected into the breasts to restore volume. Some of the transplanted fat tissue will fail to graft, which means it will just be naturally reabsorbed by the body, so usually the breasts will be 'overfilled'.

Over the next few months, your final result will emerge and you should go up a half to one full cup size. It's safe to undergo a repeat procedure and many women have more than one session to achieve the results they desire.



# INTRODUCING MR MARK HO-ASJOE

With over 25 years' plastic surgery experience, Consultant Plastic Surgeon Mr Mark Ho-Asjoe, MB.Bch, FRCS FRCS(Plast), has worked with our medical director Mr Alex Karidis for many years and is the only other cosmetic surgeon Mr Karidis would trust to offer the same level of service.

Mark graduated from the Royal College of Surgeons and underwent his surgical training in the UK. After obtaining the gold medal in primary FRCS and completing basic surgical training, he began his specialist training in plastic surgery in the UK and abroad.

He completed his aesthetic fellowship at the Wellington Hospital in London and has been in private practice in the capital since 2003. He is a full member of BAPRAS, BAAPS, ISAPS and is on the Specialist Registrar for Plastic Surgery of the GMC.

Alongside his reconstructive work, Mark specialises in all aspects of cosmetic surgery to the face, breasts and body in his private practice.

He also specialises in aesthetic face and body reshaping using toxins and dermal fillers and is skilled in Asian cosmetic surgery and non-surgical procedures.



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# PROCEDURES OFFERED BY MR MARK HO-ASJOE

## BREAST

BREAST AUGMENTATION  
BREAST REDUCTION  
BREAST UPLIFT  
BREAST ASYMMETRY CORRECTION  
FAT TRANSFER TO BREASTS  
HYBRID BREAST AUGMENTATION  
MALE BREAST REDUCTION  
BREAST RECONSTRUCTION

## BODY

TUMMY TUCK  
MINI TUMMY TUCK  
LIPOSUCTION  
ARM REDUCTION  
BODY LIFT  
THIGH LIFT

## FACE

RHINOPLASTY  
FACELIFT  
BROW LIFT  
CHEEK AUGMENTATION  
CHIN AUGMENTATION  
DOUBLE EYELID SURGERY  
EAR CORRECTION

## NON-SURGICAL

TOXINS & FILLERS  
LIP AUGMENTATION  
CALF REDUCTION  
JAW SLIMMING  
FACIAL & BODY THREAD LIFT  
NON-SURGICAL NOSE RESHAPING



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### OPENING TIMES:

**MONDAY- FRIDAY**

9AM - 5.30PM **ALTERNATE**

**SATURDAYS** 10AM - 4PM

We do ask that a deposit is given on booking treatments on a Saturday in order to secure an appointment with our clinicians

### FOR ENQUIRIES & BOOKINGS:

0207 432 8727

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[www.karidis.co.uk](http://www.karidis.co.uk)