

Natural shift

Looking for an alternative to implants? A procedure that involves transferring your own fat to your breasts could be the answer. **BY RICKY ALLEN**

We all have body fat, some more than others, and now that fat can be reused in a variety of ways.

Fat injections were once limited to the face, but specialist plastic surgeon Dr Malcolm Linsell, who has offices in both Sydney and Melbourne, is achieving exceptional results on breasts. Using liposuction, fat is harvested from one location of the body, such as the abdomen, hips, thighs or the inside of the knees, processed and then injected into the breasts via cannulas, or tubes, in small strands.

The most important part of this procedure is the processing (spinning) of fat, in order to retain as many of the stem cells as possible and also to ensure no damage occurs to the fat itself. Once the fat is processed it is then massaged and moulded so that a smooth and consistent breast enlargement is produced.

"The advantages of this method, when used on breasts, is that it is less invasive and can be used to augment very small breasts and to improve the final look when used with normal breast augmentations," explains Dr Linsell. "In time, I think this procedure will become more commonplace."

Not only is the procedure relatively quick, but you also get some instant reshaping in areas from which fat is taken. "The whole process is done in one session with the added advantage of fat removal from an area of the body where there is excess fat, so you can get two procedures in one," he says.



Autologous fat transfer, or fat grafting, has been performed overseas for many years and for more than five years here in Australia. There are many different methods available, but Dr Linsell has found that the one he uses, which was brought to Australia by Dr Allan Kalus, a Melbourne-based reconstructive and aesthetic plastic surgeon, who has passed on his knowledge and expertise to Dr Linsell, gives the best and most long-lasting results.

Dr Linsell uses grafted fat to improve cleavage or to rebalance uneven breasts. He's also able to incorporate this fat into his breast-lifting procedures. By using targeted fat injections, Dr Linsell says he's able to create bespoke augmentations for patients with results that are aesthetically pleasing and completely natural-looking.

So, how long do these results last? "I'm happy to report that they last for years," says Dr Linsell. "As long as the patient has fat in the breast, then the injected fat has something to bond to."

For women looking for a small increase in breast size – one to two cup sizes – fat grafting could be the answer. It's an alternative to implants that results in virtually no scarring and leaves breasts feeling completely natural.

To contact Dr Malcolm Linsell, call 1300 087 007 or visit www.drmalcolmlinsell.com.

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