

'Natural' Breast Augmentation

By Dr. Lucie Capek

What is Natural Breast Augmentation?

Natural breast augmentation is a precise sculpting procedure that uses your own fat cells to enhance or enlarge your breasts. It has become increasingly popular over the last five years because of the long-lasting and natural-looking results, without the use of breast implants. I call it the ultimate 'green' procedure because it "reuses/recycles/reduces" unwanted fat from problem areas, such as your abdomen, hips and thighs.

What are the benefits?

Natural breast augmentation can benefit women with small breasts who want a modest augmentation or to even our asymmetry. It is also a great choice for women who want their breast implants removed but want to maintain volume and shape with a natural look. Finally, fat transfer can be combined with implant breast augmentation to improve cleavage and give a softer, more natural look.

Who is a good candidate?

Natural breast augmentation may be an excellent choice for you if you have enough fat in other parts of your body to 'harvest', and:

- You are looking for a modest, natural-looking increase in breast size
- You have some 'deflation' after pregnancies or weight loss
- You have breast implants but want them removed and the volume replaced with your own tissue.
- You have breast implants but the edges are noticeable and unnatural-looking because of a lack of fat in your upper body.
- How is the procedure done?

Natural breast contouring begins with the harvest of your own fat from stubborn 'donor' sites using a gentler form of liposuction. The concentrated, healthy fat cells are placed into syringes and I use a blunt-tipped cannula to carefully inject the fat, sculpting your breasts in a three-dimensional fashion. Meticulous harvest and injection technique ensures that a large percentage of the fat cells survive and receive blood flow, oxygen, and nutrients from surrounding tissue while being minimally traumatized in the process.

What is the down time?

Your breasts and donor sites will be a bit swollen and bruised after the procedure, but discomfort is usually mild. Bruises take up to 3 weeks to completely disappear and compression garments are helpful. I

recommend that patients avoid strenuous activity for 2 weeks post-surgery, and you should avoid any pressure on the breasts, or high impact exercise for 6 weeks. The results are noticeable right away and will stabilize within 3-6 months.

What are the risks and results?

Complications from Natural Breast Augmentation are rare. Benign changes on your mammogram may occur and are not serious. Some of the fat cells will not survive the transfer process and will be naturally be absorbed. If your volume enhancement does not meet your expectations, a second fat transfer session may be an option. Donor sites may not be perfectly smooth and touch-ups may be required.

Realistic expectations are important! This procedure does not give the same appearance as a breast implant augmentation. For women who are good candidates, natural breast augmentation is safe, with excellent and natural-looking results. ■

REAL ESTATE STATISTICS

ADDRESS	ASKING PRICE	SOLD PRICE
117 Deanna Ct	\$839,000	\$800,000
2733 Rosendale Rd	\$849,000	\$775,000
26 Covington Ct	\$749,000	\$712,500
208 Menlo Park	\$555,000	\$555,000
68 Pheasant Ridge	\$505,000	\$490,000
12 Crimson Oak Ct	\$479,900	\$465,000
13 Bradt Rd	\$469,000	\$450,000
2050 Orchard Park Dr	\$389,900	\$372,500
1300 Ruffner Rd	\$359,800	\$345,000
10 Tamarack La	\$359,800	\$343,000
2301 Greens Farm Rd	\$334,900	\$320,000
1305 Ruffner Rd	\$309,950	\$305,000
1525 Baker Ave	\$309,900	\$287,500
1541 Lexington Pkwy	\$299,900	\$287,000
1048 Merlin Dr	\$284,900	\$284,900
2965 Holly Hill	\$294,900	\$279,900
79 Ash Tree Ln	\$279,000	\$266,000
115 Maple Ave	\$265,000	\$260,000
2085 Grand Blvd	\$237,500	\$238,144
1265 Hempstead Rd	\$249,900	\$235,000
1500 Valencia Rd	\$229,800	\$225,000
1171 Van Antwerp Rd	\$234,500	\$225,000
4312 Consaul Rd	\$219,900	\$217,000
2391 Troy Schenectady Rd	\$215,000	\$210,000
17 Imperial Dr	\$209,800	\$210,000
1505 Valencia Dr	\$235,000	\$210,000
2123 McClellan St	\$200,000	\$207,000

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