

Breast Augmentation Without Implants?

UNDERSTANDING YOUR OPTIONS

For women who want enlargement without implants, two alternatives are discussed most often: **autologous fat transfer** or and **alloClae injections**. Here's how they compare.

1 AUTOLOGOUS FAT TRANSFER Using your own fat	2 alloClae INJECTIONS Donor-derived fat tissue	3 BREAST IMPLANTS The established standard
  Uses your own tissue Completely natural	  No liposuction Donor tissue—ready to inject	  Largest volume increase possible Many size and profile choices
  Natural look and feel	  Office-based procedure Minimal downtime	  Most predictable and consistent results Reliable shape and projection
  Limited volume increase Typically ½–1 cup per session	  Very expensive ~\$100 per cc in product cost (does not include procedure fees)	  One procedure Single recovery
  Variable fat survival Some fat is reabsorbed by the body	  Limited long-term data Very new technology	  Decades of safety data Most studied device in medical history
  May require multiple sessions Increasing cost and time	  Breast imaging unknowns Impact on mammography, ultrasound, and MRI is not yet well defined	  Best value for significant enlargement More volume for the investment
  Possible complications Oil cysts, fat necrosis, calcifications, nodules, contour irregularities	  Not FDA-approved for breast use Regulated as an HCT/P; breast augmentation is not an FDA-approved indication	  Well understood on imaging Implants are easily identified on mammogram, ultrasound, and MRI
BEST FIT: Subtle enhancement, patients who do not want implants, or when liposuction is already part of the plan.	BEST FIT: Very thin patients without donor fat, small contour corrections, or subtle volume improvement.	BEST FIT: Patients seeking a significant, predictable increase in breast size and shape.

THE TAKE-HOME MESSAGE



Fat transfer: Excellent for subtle enhancement or when liposuction is already planned.



alloClae: Promising technology, but currently limited by high cost and unanswered long-term questions.



Implants: Still the gold standard for predictable, substantial breast enlargement.