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### SVELT-Serial small volume elective lipo-transfer- A new means of breast augmentation

**Introduction:** Breast augmentation has been the number one cosmetic procedure in the world for a number of years (ASPS). The modern era of silicone prostheses commenced with Frank Gerow's implantation of the patient Timmie Jean Lindsey in 1962. Despite its ubiquity and generally inert nature, silicone-based implants generated intense debate, and litigation, particularly in America. Still, it is not without complications as they occur in 5-7% in their immediate postoperative course. The worst of these include infections and capsular contracture. What is needed is a more natural augmentation process. Fat has been used as a natural reconstructive substance. Coleman recently reported impressive results in primary BA grafting a remarkable mean of 277cc fat per breast. However, fat poses several problems – it can become necrotic, calcify and can mimic or hide breast cancer (2). That is why the American plastic surgery associations have been hesitant to recommend it. As a result, the authors of this paper have developed a technique of fat augmentation they have named SVELT that minimizes these complications. It utilizes small volume lipo transfer, serially, injected into the dermal plane above the breast tissue to produce results previously only attainable by augmentation mammoplasty with silicone or saline implants.

**Study:** From 2013 to 2015 Daryl K. Hoffman and Barry A. S. Lycka performed the SVELT procedure in their respective offices in Stanford, California, USA and Edmonton, Alberta, Canada. During those dates 130 patients were treated.

**Methods & Procedure:** 100 cc's or less) are harvested from abdomen, flanks or thighs under sterile tumescent anesthesia, purified and transferred to breasts.

**Discussion:** Breast augmentation by fat injection has been a controversial topic. It was criticized by the American Society of Plastic and Reconstructive Surgeons in 1987 for potentially obscuring carcinoma of the breast upon subsequent mammographic examination, necessitating repeat biopsies to assess the numerous false positives that may arise. (2) In 2007, the American Societies of Plastic and Aesthetic Plastic Surgeons issued a joint caution against fat injection of the breast, stating that its radiological sequelae would compromise the detection of breast cancer on subsequent mammography. Despite this, both societies "strongly support the ongoing research efforts that will establish the safety and efficacy of the procedure." (2) The main complication of fat augmentation is fat necrosis and fat absorption. Both are dependent on amounts transferred, trauma to the harvested and transferred cells and placement of the material. Small amounts of fat, harvested a-traumatically, administered into the dermal plane of breast tissue augmentation where blood supply is rich, was posited by Hoffman to solve this problem. Since small volumes do not solve the aesthetic need for fullness of this appendage, the thinking progressed to repeating the procedure serially to solve aesthetic need. As discussed, 130 procedures have been completed. There has been minimal resorption and pleasing volumes achieved. It is safe, economical and with extremely low risk when done as a carefully controlled surgical procedure on well selected patients. Based on the results of this clinical study, SVELT (Serial Small Volume Elective Lipo Transfer) is a new augmentation procedure with minimal complications and a high degree of patient satisfaction.

### Biography

Barry Lycka is one of North America's foremost authorities on cosmetic surgery, skin cancer surgery, reconstructive surgery and laser surgery of the skin. He graduated from the University of Alberta in Medicine, in 1983. He completed his internship at the Misericordia hospital in Edmonton and then completed his residency in Internal Medicine at University of Alberta. He completed a 2nd Residency interning in Dermatology at the University of Minnesota in 1989. He is recognized by the College of Physicians and Surgeons of Alberta as a specialist in Dermatology. He founded the Canadian Skin Cancer Foundation and co-developed a telephone app for Dr.'s called "Dermatologist in your pocket". He is a proud member of the Doctors for the Practice of Safe and Ethical Aesthetic Medicine, The Rotary Club and volunteers with many organizations; as he believes it is very important to give back to the community and those less fortunate.

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