



## FAT GRAFTING

### Notes for Guidance

Extension of the technique of tunnel liposuction to many fields has led to multiple applications, such as the injection of the fat aspirated; with encouraging results.

If you are interested in fat grafting we consider necessary to offer you some information about the procedure.

Fat grafting has next indications:

1. To fill depressions;
2. Defects after adipoaspiration;
3. Post traumatic defects;
4. Congenital depressions;
5. To improve contour in breast augmentation or in other areas (buttocks, calf, lips);
6. To face ("filling in" wrinkles in nasolabial folds, peribuccal area etc.);

The technique could be performed isolated or in associations with other surgical procedures (upper and lower blepharoplasty etc).

The fat liposuctioned is achieved from the thighs (internal part) or from internal part of the knees or abdomen with a small cannula and a syringe, through an incision of approx. 0.4-0.5cm. These small wounds are not closed and undergo spontaneous healing. Sometimes it may be necessary to take the fat from the abdomen through an incision about 2 –4cm which is stitched afterwards. The stitches are removed after 5 – 7 days. Fat must undergo only minimal handling as it is a very sensitive trauma. The fat is then cleaned with a special solution.

Fat is injected:

1. Into the muscle (orbicularis muscle for lips or in the procerus muscle for glabellar wrinkles)
2. Or into subcutaneous tissue in a direction opposite to the slope of the depression, needing overcorrection (with temporary 'peau d'orange' appearance which proves that the correct subcutaneous plane is reached)
3. Or subperiosteal for cheeks, malar region, menton region.

Basically fat is injected into the healthy tissue bed of the depression to minimize absorption. 'Fat Grafting' is a day case, post operatively we do not put any dressings on the improved area but, you will have a small dressing on the donor area.

Pain is kept to a minimum with Co-Proxamol. Results differ according to location. For filling depressions, 20% of results after 4 years were stable after one injection. For improving wrinkles the only valid conclusion at this point is that fat injections last



longer than that of collagen. In half of the attempts (50%) the fat injection lasted 9 months. For filling in a face the results are shorter, with fat generally being absorbed after a few weeks or a few months. Despite the disappointing long-term effects, enough encouraging results have been obtained both in terms of quality and quantity.

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This leaflet has been prepared to give a basic understanding of the procedure before a consultation takes place, and to cover many of the questions frequently asked about this type of cosmetic surgery. Final decisions should not be made until an individual assessment has taken place with the surgeon. There is no obligation on the part of the patient to undergo surgery by attending for consultation. If you have any further questions or would like to arrange a consultation please do not hesitate to call us.