

# Fat Grafting

## Q. What exactly is a fat transfer?

- A. Fat grafting, or a fat transfer, is a cosmetic procedure where the fat is removed from one area of the body (usually an area with more fatty tissue such as the abdomen, thighs or buttock) and then re-injected into specific areas lacking volume. The fat removed is purified before injection with a micro droplet technique to allow for smaller incisions and a minimally invasive procedure.
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## Q. Who is a good candidate for fat grafting?

- A. Individuals who are in good health and have relatively stable weight may be good candidates for a fat grafting technique. Patients who have lost volume in the facial area, specifically around the cheeks, jawline and under the eyes, would benefit from a fat grafting procedure. Individuals who want to restore volume to the chest should also consider fat grafting.
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## Q. What is the micro droplet technique used in this procedure?

- A. Small amounts of purified fat taken from your own body are injected into specified areas of the body lacking volume in tiny amounts—less than 0.1cc at a time. The injections are performed in discrete layers to gradually build new layers of soft tissues. There is a small amount of space between each microinjection so that new blood vessels are able to grow into the grafted fat. If the process of blood vessel in growth occurs, optimally, than the fat graft will survive and the results will be long term. If the blood vessel ingrowth does not occur, than the procedure works as a temporary soft tissue filler for a limited duration.
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## Q. Are the results permanent

- A. Fat grafting is not as permanent as implants. Patients who want to dramatically alter the size or shape of the breast area should get breast implants for optimal results instead of a fat grafting procedure. For individuals who want to add volume to the facial areas, fat grafting may be a better method to increase volume as this technique may last longer than soft tissue fillers, but most likely require several sessions to get a permanent result.
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## Q. What are some of the common locations for this procedure?

- A. The most common areas for fat grafting procedures are in the face. Patients who have lost volume in their cheeks, around the jawline or under the eyes (forming bags) will take fatty tissues from donor sites on the body to add plumpness and volume to the lacking area. The added volume creates a smoother, softer facial appearance. Fat grafting can also be utilized in other areas of the body to correct prior liposuction contour deformities. It is also helpful in thin breast augmentation patients to deal with palpability issues from implants.
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## Q. What is the recovery period like?

- A. For patients who have had a fat grafting procedure to the facial area there may be slight swelling and bruising for up to two weeks. The amount of swelling and bruising will depend on the amount of fat injected, and what sites of the face are being treated. Areas around the eyes that are more sensitive may need more recovery time than the upper cheek area. Most patients are able to return to normal within the week, although wearing makeup is not advised.
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## Q. What are some of the risks?

- A. The typical risks associated with any surgical or non-surgical cosmetic procedure, such as scarring, infection or bleeding, also apply to fat graft patients. A rare risk associated with fat grafting procedures is donor site deformity; the fat grafted may ripple, atrophy or lost symmetry. In some cases, fat reabsorption may be uneven, causing asymmetry and requiring further sessions.
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