

Fat Transfer Information

Dermal Fillers are a range of products for facial beauty enhancement. They are designed to effectively reduce the appearance of unwanted wrinkles, contour and create volume, and to rejuvenate the skin.

WHAT IS A FAT TRANSFER?

Fat transfer is a procedure which uses a patient's own natural fat to treat undesirable wrinkles and creases or to provide additional volume and shape to the face. While injectable fillers such as Restylane® and Radiesse® are good options today for replacing lost volume in the face, fat transfer is often preferred in cases where a more significant amount of volume enhancement or replacement is required. Fat transfer is commonly used to treat the cheeks, nasolabial fold and jawline.

AM I GOOD CANDIDATE?

Men and women who are physically healthy, have realistic expectations, and are looking to improve the contour of the face by diminishing lines and/or adding fullness may be good candidates for fat transfer. In general, patients who have slightly more body contour and shape to begin with are considered better candidates for fat transfer compared to individuals who are excessively thin. These patients have fat cells that are more robust and plump and, consequently, these fat cells are more likely to provide volume enhancement when placed elsewhere.

HOW IS THE PROCEDURE PERFORMED?

Fat is harvested through a small opening made in the intended donor area. The fat is harvested using specialized liposuction techniques. Narrow liposuction cannulas that are specifically engineered for use in fat transfer allow for gentler removal of the fat. In most cases, suction is created using a hand-held liposuction device rather than the normal suction machine. Using the hand-held liposuction device, the fat is less likely to be damaged by undue negative suction pressure and more likely to survive.

Once removed, the fat is then cleansed and concentrated using a special technique that minimizes potential damage to the fat cells. The fat is placed into individual syringes and injected using a micro-injection technique. The fat is deposited into the area of concern using hundreds of different droplets of fat dispersed along multiple tissue layers.

WHAT IS THE RECOVERY LIKE AFTER THE PROCEDURE?

Patients will experience mild swelling and mild bruising during the first three to five days after treatment. If patients note an area that is not necessarily as smooth as the remaining areas, gentle circular massage may help to blend the fat into the surrounding tissue. It is important, however, to avoid excess pressure as this may cause too much dispersion of the fat.

The final results of a particular fat transfer session cannot be determined in many cases for upwards of several months. If additional volume is desired after this waiting period, another round of fat transfer will need to be scheduled.