Cosmetic Surgery
Fat Transfer/Fat Graft and Fat Injection

This guide is for people who are considering having a fat transfer operation.

FACE
A fat transfer medical/surgical procedure helps plump tissues and skin in areas of the body that have lost elasticity and smoothness due to the aging process. Fat transfers are typically performed by removing fat from other areas of the body and injecting them into areas in the face that help to reduce the signs of sunken skin as well as emphasizing bone structure.

Fat transfer and micro fat transfer procedures are commonly used in facial rejuvenation techniques and procedures such as eyelid surgery and some facelifts. Fat transfer procedures help to soften the often bony or harsh lines of aging faces, caused by a thinning of the skin and reduction of fatty tissues around the face.

Autologous Fat Transfer (Microlipid-injection) for Facial rejuvenation
Autologous Fat Transfer (Microlipo-injection) is a process where injectable fat taken from a person's own body is used for filling acne scars, facial wrinkles and frown lines. The donor fat is taken with a small cannula or sterile tube from fatty deposits in the buttocks or thighs, then the fat cells are isolated and cleaned and then re-injected into the areas to be filled. The use of one's own fat as a filler can be advantageous because there is no chance of an allergic reaction, as can occur with collagen injections.

During the procedure, the fat used for fat transfer is removed either with a syringe or via liposuction from one part of the body, like the abdomen or thighs, and is then injected into another area that requires plumping.

The most common facial locations for fat transfer include:
- Filling in sunken areas beneath the eyes
- Flesheing out the folds of skin that physicians know as nasolabial folds, the deep wrinkles next to the mouth often referred to as “laugh lines.”
- Filling in forehead creases
- Cheek Augmentation

Fat transfers Face and Body
Fat transfers have been used for more than 100 years to fill in facial flaws such as hollowed cheeks, sunken eyes or indented scars, but what is old is new again. Today, new fat transfer techniques (also known as fat grafting) are used to augment many other areas of the body, including:

1. for the chin
2. for the cheek (bilateral)
3. for the breasts (bilateral)
4. for the buttock (bilateral)
5. for the nose
6. for the temple (bilateral)
7. for the lips - upper or lower
8. for the lips - both upper and lower
9. for the Nasolabial folds
10. for the glabella

Fat transfers have traditionally been used to surgically fill in and soften the edges of small, localized areas of the body. By comparison, body implants have traditionally been viewed as better for sculpting larger areas of the body. This perception is changing as plastic surgeons have begun to use larger-volume fat transfers, instead of artificial implants, to enhance the buttocks and other parts of the body. For more on these two different approaches and their applications, read our surgeon roundtable discussions of fat transfers and body implants.
A fat transfer involves your own fat cells, which means that it's biocompatible and may help eliminate the risk of allergic reaction or rejection. Also, a body fat transfer feels and looks more natural than a body implant. However, the results of this particular plastic surgery may be unpredictable. Much of the injected fat is absorbed, leaving an average of about 40 percent in place.

**Risks of facial fat transfer**
Fat transfer remains controversial although many plastic, dermatology and cosmetic surgeons offer various fat transfer procedures to their patients because the procedure is so well received by patients. Potential risks of any fat transfer include bleeding or hematoma, (a pool of blood forming under the skin), infection, nerve damage or wound dehiscence, when a surgical wound opens. Sometimes, fluid collection, or seroma, around a surgical wound happens. All are easily controlled and healed. When a large area like the buttocks is treated, the patient may have to stop normal activities for a while and can expect some swelling, bruising or redness.

During the first few months after the procedure, the body will absorb about 40% of the fat. The remaining 60% will usually remain in place. For longer lasting results, patients usually receive three or four treatments over a six month period. The effects of facial fat sculpting are longer lasting than cosmetic injectable fillers such as collagen, Restylane and Juvéderm.

**Is it Right for Me?**
Exercise and maintaining a normal weight are the best ways to improve your appearance, but aging and genetics may, over time, negate the positive effects of healthy living. For example, genetics may cause fat to be unevenly distributed. And, beginning in their mid-30s, people tend to start losing volume in specific body areas, including the face and hands. In these scenarios, fat transfers may help.

Body fat transfer candidates should be in good overall health, both physically and emotionally, and have realistic expectations about what the procedure can and can't do for them. If you are a smoker, you should stop for several weeks prior to and following your procedure as smoking can slow the healing process, increase your risk of complications and impact negatively on your final cosmetic result. You must also have adequate fat deposits for the graft. Discuss the specific fat transfer procedure that interests you — including its pros and cons — with a board certified plastic surgeon. You can get started here.

**Fat transfer Procedure steps**
The procedure may take up to two hours and is often performed under "twilight sedation," which combines a number of medications that leave you sleepy and numb but awake. The procedure may also require general anaesthesia, especially if it is being combined with other cosmetic surgeries. Your plastic surgeon will recommend the best choice for you.
The fat transfer procedure varies depending upon the technique used by the plastic surgeon and the area to be treated.

The procedure can be described in three steps:
1. Antiseptic and a topical anaesthetic are applied to two areas: the location where the fat will be removed (donor site) and the treated area where the fat will be injected. The donor site is typically the abdomen or thighs.
2. The fat cells are harvested from the donor site through one of several types of liposuction.
3. The fat cells are processed and purified by the doctor before they are injected into the treated area. In some cases, the doctor will use a technique that spins the fat cells before they are injected beneath the skin. Other doctors strain the fat cells instead of spinning them.
It takes three to four days for the first tiny blood vessels (capillaries) to reach and supply the newly-transplanted fat cells with a blood supply. During this time, up to 60 percent of the transferred fat cells will die. For this reason, plastic surgeons will usually overfill the treated area. More than one treatment may be required to achieve the best results. Each time the procedure is repeated, more fat accumulates in the treated area. This tends to offer longer-lasting results.

**Fat Transfer Recovery**

After the procedure, you will need someone to drive you home or the plastic surgeon may recommend an overnight stay. You may also need someone to help you with daily activities during your recovery from fat transfer surgery. Your plastic surgeon should provide you with specific post-op instructions including taking it easy for up to three weeks after the procedure. Within two to three days after the procedure, your plastic surgeon will remove your bandages and you will be able to shower again.

The treated area may be red for the first 48 hours following your fat transfer. There is typically some swelling for several weeks; however, any bruising should subside within a few days. Scabs may also form at the injection site. Oral pain medications can help treat any discomfort. Your plastic surgeon will give you a prescription or discuss appropriate over-the-counter medications with you. Some OTC products, including non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen, may increase your risk of bleeding and should not be used unless your doctor advises otherwise. You should notice a marked improvement in your appearance after the procedure, although final results may not be evident for several months or more.

**Complications and Risks of Body Fat Transfer**

Complications are possible with any medical procedure, but complications from fat transfers are rare. The most common include:

- Bruising
- Swelling
- Redness
- Fatty bumps beneath the skin
- Uneven skin texture
- Infection
- An abscess
- Excessive bleeding
- Scarring
- If fat is injected into two or more areas, asymmetry may occur
- Other side effects (Please note this list is not exhaustive)

Treatment for complications can range from oral medications to surgery. You can reduce your overall risk of body fat transfer complications by following your doctor's instructions before and after the procedure.
Duration of stay in Kuala Lumpur Malaysia: The recommended stay in Malaysia for this as a single procedure is 10 nights, as day care or overnight ward stay; depending on how well you recover post operation and which area you are treating with fat transfer. The surgeon may recommend a longer stay, if you combine Fat Transfer with other cosmetic surgery procedures.

For more information or to request a medical questionnaire and quotation please email enquiries@beverlywilshiremedical.com

The final explanation and decision for your cosmetic surgery treatment/s will be made at the time of the consultation with the respective plastic surgeon.

Following your consultation with the consultant plastic surgeon you will be asked to sign a consent form prior to surgery.

The below statement should be understood before signing the consent to surgery form.

I recognise that the practice of medicine is as much an art as a science and therefore acknowledge that no guarantees have been or can be made regarding the likelihood of success or outcomes. The aim is to give you significant improvement and not perfection.

Cosmetic Surgery
I understand that the effects of cosmetic surgery may not be immediately visible. I understand that the effect of cosmetic surgery is much more limited for smokers, that mild asymmetry is normal and that the rate of healing will depend upon age, skin type, compliance with doctor’s advice or factors beyond control.

I have carefully read, understand and fully agree with the above declaration and the information I am providing is true and accurate to the best of my knowledge.