

FAT TRANSFER

What is fat transfer?

Fat transfer is also referred to as Lipofilling and Lipostructure and has been popularized by Dr Sidney Coleman. The technique involves harvesting fat from one area of the body for injection into another area. Fat can be transferred to almost any area of the body. However, the most common areas treated are the face and breasts. Hollowness of the cheeks and temples can be treated and the upper cheek fat pad can be volumised to give a more youthful look.

Fat transfer for breast enhancement, with or without implants is also very popular but is still a controversial area. However, filling contour irregularities after breast reconstruction is a very common indication.

How is fat transfer performed?

The area from which the fat is extracted is referred to as the donor area and the area into which the fat is injected is called the target area.

- The procedure is performed under local anaesthetic or general anesthetic.
- The skin over the donor area is cleansed with antiseptic
- The fat is harvested into syringes and cleansed/prepared to remove impurities
- The fat is then injected into the target area (eg. Face or breasts)
- Only small amounts of fat can be injected into the target area on any one occasion. If excessive fat is injected it will not survive and the correction achieved will be lost.

What should I do after fat transfer?

It is recommended that, for the first 48 hours after fat transfer, you avoid all activities that can increase lines and wrinkles on your face in the case of facial work, or in the case of breast work, please avoid undue pressure to the breast. Keep your face as still as possible to allow the fat to distribute as evenly as possible. Try to sleep on your back so that the skin on your face will drape evenly. If your lips have been treated, you should avoid pursing your lips. You should therefore avoid using drinking straws. For the breasts please wear a comfortable sports bra for 8 weeks post procedure – it should not be too tight nor too loose!

What are the complications?

- Bruising and swelling are a normal outcome of fat transfer procedures. They will take up to two weeks to settle.
- The correction achieved in the target area may reduce, go down or even disappear if the fat does not survive and is absorbed.
- Unevenness may develop.

What are the advantages?

- The main advantage of fat transfer procedures is that you are using your own fat and no foreign substance is used.
- Recovery is quick
- Results are almost immediate
- Results may be permanent

What are the disadvantages?

- There is a degree of unpredictability because the fat may not survive and may be absorbed.
- Results can not be guaranteed
- Repeated fat injections to the target area may be necessary

Important Notice

Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.

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NOTES & QUESTIONS

AT A GLANCE

SURGERY TIME

1.5 - 2.5 hours

HOSPITAL STAY

Daycase/Inpatient 1 night

ANAESTHETIC ASSESSMENT

No

PRE ADMISSION TESTS

No

SLEEPING POSITION

Sleeping on back recommended for 4 weeks.

REASONABLY MOBILE

Immediately

WASHING

Shower after 1 day. Bath after 2 weeks.

DRIVING

1 week

EXERCISE INCLUDING GYM

8 weeks

SEXUAL ACTIVITY

Restricted activity after 4 weeks

FULL RECOVERY

2 weeks

TIME OFF WORK

None

BRAS & GARMENTS

Sports bra worn for 8 weeks. Wired bra after 2 months.