**Fat transfer**

**What is fat grafting (or fat transfer)?**

Sometimes called fat grafting, Fat Transfer is a natural alternative to fillers and other volumizers to fill in areas where fat has naturally diminished. Effects are natural looking, denser, long lasting plumped skin.

**How does Fat Transfer for hand and face rejuvenation work?**

Using the sterile technique, your own fats are collected using a special suction cannula. Fat transfer requires centrifugation to remove impurities. Fat is then introduced to the concern area by the surgeon who makes sure it is proportionally distributed according to requirement. Incisions made are dressed well to promote fast healing.

**Is the treatment painful? Is it safe? How long will the treatment take?**

Local or general anesthesia is given to a patient depending on the treatment area. For smaller and lesser critical areas, local anesthesia is applied to the donor area and the recipient area to ensure maximum comfort. Pain varies per individual.

Being it autologous, or is derived from your own tissues, Fat transfer is very safe with no risk of allergic reaction s. On an average, an hour or 2 is required to complete the procedure.

**How many treatments I need before I see results and how long will it stay?**

Fat transfer can be done once up to 3 times. This depends on the amount of fat being transferred. Subsequent treatments increase fat cell survival as more live tissues support nourishment to the newly injected fat cells. The establishment of nourished and healthy fat cells leads to a permanent result.

**Where is the fat taken from?**

The removal of fat is called harvesting. The site where the fat is harvested is called the donor site. While fat is distributed all over the body, there are certain areas that make better donor sites than others. The love handles and abdomen are generally the sites most often used. Fat here is usually abundant, even in men and women who are thin. The fat in this area also tends to be the hardiest, and it is thought that “tough” fat in this area may translate into better incorporation and longevity in the transfer process.

**How is the fat taken (harvested)?**

Fat is aspirated through a very small incision placed in an area that is hidden easily such as the hip or inside the belly button. From this incision, a small cannula is tunneled under the skin and moved back and forth. The cannula breaks up the fat. Attached to the end of the cannula is a syringe that serves as a collection tube. The syringe generates negative pressure and acts like a mini vacuum.

**Does taking fat leave a dent or divot?**

For facial fat grafting and other low volume areas it shouldn’t. The amount of fat needed for transfer is relatively small. Considering that liposuction of the love handles can range up to 600 cc of fat, the 30 to 80 cc of fat harvested for grafting is almost inconsequential when it comes to making a visible difference at the donor site. When we graft areas like the buttock or breast, we take fat from multiple sites and in high volumes as part of a liposuction procedure. Thus, in those cases we expect (and want) there to be visible fat depletion at donor sites.

**What is downtime for fat grafting?**

Downtime for fat grafting is generally cosmetic in nature. It’s a surface operation. Fat is injected in the tissues below skin and above any major organ or vessel. Time needed off work is strictly related to how one feels about the swelling and bruising.

Facial fat grafting: Large amounts of swelling and possible bruising for up to seven days. Residual mild swelling for another week or two.