FAQ

(Fat transfer)

**WHAT IS FAT TRANSFER?**

Fat transfer, or fat grafting, involves using liposuction techniques to remove fat cells from one or more “donor” areas of the body before purifying the harvested fat and transferring, or injecting, it into an area of the body that requires enhancement.

Fat transfer offers dual benefits: sculpting the donor area and augmenting the treatment area.

**WHAT AREAS OF THE BODY CAN FAT TRANSFER TREAT?**

Since the 1990’s, plastic surgeons have been using fat grafting reliably to enhance and improve the cosmetic appearance of the:

* Hands
* Under eyes
* Face
* Hips
* Breast
* Buttocks
* Lips
* Cheeks
* Vagina

**WHAT TYPE OF ANESTHESIA IS USED FOR THE PROCEDURE?**

With both the fat harvesting phase and the fat injection phase, either a local anesthetic with light sedation or general anesthesia can be used.

**ARE THE RESULTS OF FAT TRANSFER PERMANENT?**

Studies have shown that most of the transferred fat will remain in the treated area permanently, unless the patient loses a substantial amount of weight or has liposuction on the treated area later. In certain cases, however, repeating the procedure may be necessary to obtain the final desired results.

**HOW LONG IS THE RECOVERY PERIOD?**

The duration of the recovery period varies by patient, depending on how much fat has been removed and transferred, which areas of the body have been treated and certain lifestyle factors such as if the patient smokes. In general, more complex procedures performed on larger areas will take longer to heal.

**ARE THE FINAL RESULTS VISIBLE IMMEDIATELY AFTER SURGERY?**

Although some of the aesthetic results of surgery are visible immediately after the procedure, it generally takes three to six months to see the full results, especially for patients who have had a substantial amount of fat grafted. This is how much time it takes for any swelling to subside completely. In addition, the transferred adult stem cells continue to generate new fat cells in the treatment area for up to three months. Fat cells that survive after that time are likely to remain in the treated area permanently.

**DOES IT HURT?**

Pain is minimal. We use a local anesthetic, and in many cases we may use “light oral sedation” which will make you very relaxed, and reduce the stress of the procedure.