

# AUTOLOGOUS FACIAL FAT GRAFTING

## PROCEDURE DESCRIPTION

### WHO IS A GOOD CANDIDATE?

- ❖ Facial fat injections can eliminate aspects of facial "wear and tear" that often appear with age, such as smile lines, frown lines, marionette lines (running from the sides of the mouth down to the chin), wrinkles/furrows, and hollows in the face (such as under the eyes or under the cheekbones). Lips that have lost volume may also be treated through fat transfer as can scars or depressions in the face from scars (such as those from acne). Individuals with one or more of these conditions may be good candidates for autologous fat transfer.

### WHAT IS AUTOLOGOUS FACIAL FAT GRAFTING?

- ❖ Autologous fat grafting, also called microlipoinjection, is a procedure in which an individual's own body fat is used to plump up sunken or volume depleted areas of the face. The word "autologous" simply refers to the use of one's own tissues or fat. Autologous fat transfer requires three steps. The first step involves liposuction of some excess fat (such as that found in the abdomen, thighs, or buttocks). The second step involves the isolation and cleansing of the fat cells. The third and final step involves the injection of the fat cells into the targeted facial areas (i.e., the fat cell transplantation). Depending on the area being injected the fat is processed into either microfat or nano fat. Oftentimes a combination of micro and nano fat is used to create a custom treatment plan. The amount and type of fat utilized is different for each patient.

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## FAT INJECTIONS VS. DERMAL FILLERS

- ❖ **The most important difference between autologous fat injection and other types of dermal fillers is that fat transfer doesn't introduce a foreign material into the body. This aspect of fat transfer is particularly beneficial for people who are allergic or sensitive to certain products.**
- ❖ **Another factor that sets facial fat injection apart from other dermal fillers is the length of time that the volume enhancement provided by a fat transfer lasts. Generally, the effects of fat injection can last from several months to two years or more. In some cases, the effects last indefinitely. By contrast, dermal fillers that contain hyaluronic acid, break down and disappear over the course of several months, making additional treatments necessary.**

## PROCEDURE DESCRIPTION

- ❖ **The procedure is performed on an outpatient basis and is performed under local anesthesia. There is an option for oral sedation as well.**
- ❖ **The procedure is done in three main steps;**
  - **Liposuction: The fat from the agreed upon areas of the body such as the abdomen, hips, or thighs is harvested.**
  - **Purification: The fat cells collected during the liposuction procedure are purified, removing fluids and any damaged fat cells. This step ensures only healthy fat is used for your augmentation. The fat is also separated into micro or nano fat during this step.**
  - **Augmentation: The purified fat cells are injected into the desired location(s) with tiny specialized cannulas, making sure the enhanced contours maintain a natural appearance.**

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- ❖ **The liposuction is performed with a technique called tumescent liposuction. During this procedure, a tumescent solution containing local anesthetic is directly injected into the treatment area. This technique minimizes pain and reduces bleeding during the procedure as well as greatly reducing postoperative pain and bruising. The liposuction process results in a few small incisions in the treatment area. These areas are each closed with one suture, skin glue, and steri strips.**

## RECUPERATION AND HEALING

- ❖ **The recovery involves at least two separate surgical sites, the area where the liposuction was performed as well as the area where the fat was injected.**
- ❖ **No drains are required.**
- ❖ **Bruising, swelling, and mild to moderate discomfort are to be expected.**
- ❖ **Most patients should plan to take a week off from work. Depending on your specific procedure and the area grafted your timeline may be different.**
- ❖ **We recommend resting after your procedure, however it is important to move around your house or take short walks to promote circulation, which is an important part of your healing process.**
- ❖ **Normal physical activity is discouraged for the first 2 weeks, strenuous activity should be delayed even longer.**

## INSURANCE GUIDELINES

- ❖ **This procedure is considered cosmetic and therefore is not covered by your private health insurance.**
- ❖ **The patient is responsible for payment.**

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NOTE

- ❖ **The specific risks and the suitability of this procedure for a given individual can be determined only at the time of consultation. All surgical procedures have some degree of risk. Minor outcomes that do not affect the outcome occur occasionally. Major complications are unusual.**

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