

FAT GRAFTING or FAT TRANSFER

Fat grafting is when we take fat from an unwanted part of the body such as the belly, and then we inject it into a part of the body. Typically, it is the face or the buttock. We can inject fat into the breasts as well, but that is just generally not as common, and the idea is to basically replace volume and achieve permanent results.

Fat grafting can be done either with the person awake or asleep. Naturally, if they are asleep, they are not going to feel pain during the procedure. When they are awake (performing the procedure), we can do nerve blocks and actually anesthetize the area where we take the fat and inject the fat, so perhaps there is some discomfort at times but generally not painful at all.

The great question is, “Am I a candidate for injectables or a fat or a facelift?”, because all three really try to do the same thing, and that is rejuvenate the face, or refresh the face, or restructure the face. Of course, it all depends on the patient, their anatomy, where they are in the aging process, and their desires.

So, some people who are younger who clearly would not benefit from a facelift (an aged face often causes a lot of skin excess) may benefit from injectables in discrete areas. Maybe they have a little bit of hollowing out of the eyes and people say they look tired all the time. That is when injectables work well, when you have very small areas that are troubled areas that bother you.

Fat grafting is a fantastic way to refresh the face, rejuvenate the face in a very natural looking way. Or, remodel the face. In younger patients who desire to have stronger jaw bones or cheek bones, we can really add fat into these units of the face to build out or restructure the face and the results for these are fantastic because they are permanent.

TAKE HOME POINT: Fat grafting (Fat transfer) refers to the removal of fat from an unwanted area such as the hips and injected into the face to add volume that has disappeared from aging.