



**Mr Lucian Ion** FRCS(Plast)  
Consultant Plastic Aesthetic and  
Reconstructive Surgeon

## Fat Transfer (Lipotransfer)

*Fat transfer uses tissue taken from other parts of your body to restore the shape of areas that have thinned and flattened over the years.*

### About fat transfer

As we age our faces tend to lose volume. Our cheeks may flatten, our chins grow sharper and we begin to look older. Comparing a photo of oneself taken fifteen or twenty years ago with one's face today provides a good illustration of this phenomenon.

Fat transfer has been put forward as a means of volume augmentation for many years, but one of the problems encountered had been variability of the results. However, relatively recent work by surgeons like Dr. Sydney Coleman of New York has led to a much more consistently successful technique that can provide a gradual, controlled restoration of the youthful shapes of the face and other parts of the body.

With this new technique, it is easier to predict the long-term outcome because the grafting process is much more likely to succeed, and fat cells that have survived the grafting process have a lasting presence. Indeed, this technique, which is currently being used for both aesthetic and reconstructive surgery, is considered to have unrivaled potential for restoring a fuller, more youthful look. The other great advantages of course that the material transferred being from your own body, it is perfectly well tolerated in the long-term.

### Your consultation

During your consultation your surgeon will take a general medical history and ask about any medications you are taking. He will also explain how fat transfer works, ask about your goals for the procedure and discuss what you should expect.

### Your procedure: what to expect

Fat transfer can be done under either general or local anaesthetic depending on the extent of the area to be treated. If it is done under local anaesthetic, both the area from which the fat cells are taken and the area into which they are injected will be anaesthetized.

- During the procedure the surgeon uses a thin needle called a cannula to harvest cells from a fat-rich area of your body like the abdomen or hips. This process is very much like liposuction.
- The fat cells are then centrifuged to separate intact cells from those that have been damaged.
- The live fat cells are then injected into the areas to be treated using a very fine cannula and multiple passes for every milliliter of graft.

The careful placement of the fat cells into tiny pockets of surrounding tissue with good blood supply creates the proper setting for the graft to "take". The process is similar to what happens when a skin graft is placed on a clean wound. In either case, once the graft has taken it becomes stable.

Currently this technique is most commonly used on the face. However it has been used successfully on other areas including the back of the hands and the buttocks, and more recently for the breasts.

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## After your procedure

After your procedure you will be given an antibiotic and possibly some antiviral medication as well (for patients that tend to suffer with herpes and had treatment to their lips). It is important that you finish all the medication you are given.

During this time, there are a number of things you should expect.

- If you experience discomfort, the hospital may give you pain medication or you may be advised to take a mild pain killer like Paracetamol. Please avoid aspirin and anti-inflammatory tablets as they can promote bleeding.
- If your procedure was performed under local anaesthetic you must avoid hot drinks and food that needs chewing for at least six hours.
- You may take your usual medications as soon as you are allowed to eat and drink unless otherwise advised.
- You will probably feel swollen and bruised for a week or so after your procedure, longer if you had a large area treated. Cold compresses, gently applied, can be of help. Ointments like Lasonil® can assist to get rid of the bruises fast.
- Your stitches will be removed at your first follow-up appointment, approximately 5-7 days after your procedure.

## Our services

From your first visit to Aesthetic Plastic Surgery's handsome Harley Street offices, you'll work directly with Consultant Plastic, Aesthetic and Reconstructive Surgeon Mr. Lucian Ion, the practice's director.

Together, you'll explore the possibilities and discuss the results you can expect.

Imaging software will be used to show you how you might look after your procedure and every aspect of your treatment, from evaluation through surgery to post surgical care, will be carefully explained.

## More Information

Naturally, there will be many questions you will want to ask before making any decisions about undergoing surgery. Also you will wish to meet your Surgeon - having trust and confidence in one's Surgeon is very important.

Surgery is unique to every patient and a detailed discussion and assessment between you and your Consulting Surgeon is essential in enabling you to make a decision based on correct personal information and advice.

Arranging a medical consultation does not obligate you to anything other than attending the appointment. There is no obligation to proceed with treatment. This is entirely a matter for your decision, after the surgeon has decided on the feasibility and accepted you as suitable.

If you would like to know more information we will be happy to answer any queries either by email, letter or telephone, so please do not hesitate to get in touch.