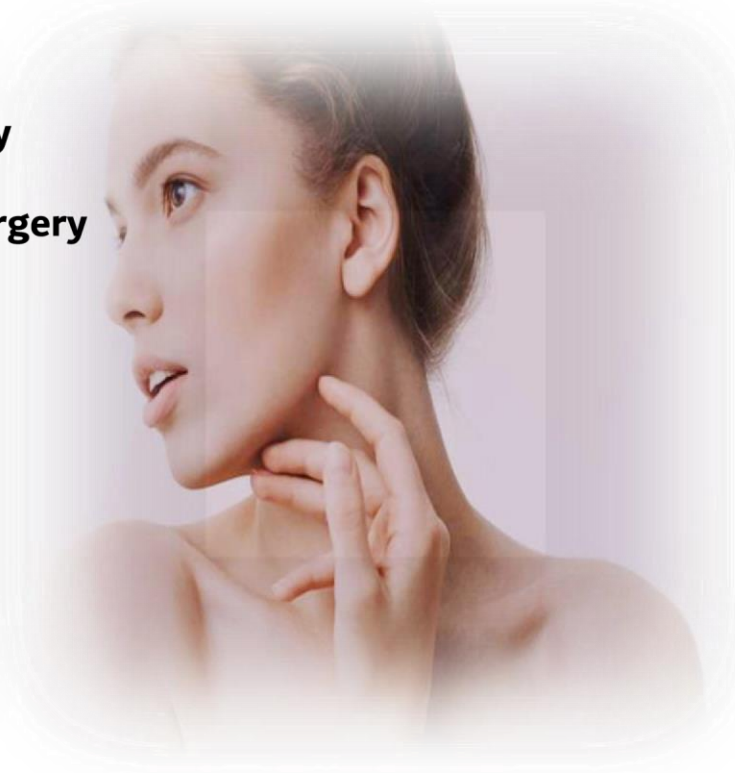


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## **Face Fat Injection**

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## What is Face Fat Injection?

Face Fat Injection or Fat transfer is meant for patients who want to reshape, contour, augment or rejuvenate areas of the face moderately with their own fat and reach a natural and younger look without using foreign body injectables. In addition, the transferred fat will last longer than injectable fillers.

Fat transfer, which includes liposuction and fat injection is a surgical procedure that uses a suction technique to remove fat from specific areas of the body, such as the abdomen, hips, or thighs and inject the fat into the face.

Check the illustrative video [here](#)<sup>1</sup>.

## Before the Surgery... Preparation and Expectations

It is important to know the following, before deciding to undergo a liposuction and fat injection surgery:

There are 2 sizes of fat particles to be injected in the face:

Micro-fat: The harvested fat is processed into smaller fat particles that can give volume without causing lumps after injection.

Nano-fat: The fat is processed into a liquid which contains abundant stromal vascular fraction cells and adipose-derived stem cells, which help regenerate collagen to improve skin quality, texture, and tone without adding volume.

Fat injection of the face can be done for several areas and different purposes:

It can add Volume: Micro-fat injection, for example to the cheeks and lips.

Obliterate Lines: Deep lines and wrinkles can be filled with fat like deep forehead wrinkles, frown-lines, Nasolabial folds (smile lines) and Marionette lines.

Contouring: Micro-fat injection of the cheeks, lips, upper eyelids, temples, chin, and jawline.

Periorbital (around the eyes): Deep undereye area (naso-jugal groove) or tear trough deformity and hollow upper eyelids can be treated with fat injection.

Facial Asymmetry: if you have inherited, traumatic, disease related or post-surgical facial asymmetry it can be treated by micro-fat injection for volume adjustments and symmetrisation.

Skin rejuvenation: Nano-fat injection can improve the quality of your skin and rejuvenate it as it contains Adipose derived Stem Cells (ASC). Multiple small injections will be performed all over the face for a younger glowing effect on the skin.

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<sup>1</sup><https://bit.ly/2Fygnex>

Scars and Burns: for example, depressed or unpleasant scars or burns can be treated by Nano-fat injection as it improves the quality of the skin.

- Face Fat Injection can be done in conjunction with other surgeries, like face- and necklift or with different aesthetic or reconstructive surgeries.
- Not all the volume of injected fat will remain in the body, as not all fat cells will survive, and some will be reabsorbed by the body. It takes months for the fat cells to receive their new blood supply, but once it settles, the results are permanent.
- There's a possibility that you might need another session of fat transfer in the future to reach the desired volume and shape.
- Liposuction reduces the number of fat cells in a specific area. The amount of fat removed depends on the appearance of the area and the volume of fat present. The resulting contour changes are generally permanent — as long as your weight remains stable.
- Liposuction doesn't improve cellulite, dimpling or other skin surface irregularities. Likewise, liposuction doesn't remove stretch marks.

Before the surgery, a detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests.
- Determine the desired body part for liposuction, the aim of the face fat injection and discuss the required and/or possible changes and agree on them.
- Photographs of your body (required areas) and face will be taken from different angles and close-up photos of some features.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your procedure will be performed and the date of operation.

Our medical team may advise against liposuction and fat transfer if you have a medical condition that prevents blood clotting or experiencing ongoing weight fluctuations (or if you are significantly overweight), or if you are a heavy smoker. Liposuction and fat transfer surgery isn't for everyone.

## Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by your surgeon.
- Stop smoking 3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

## During the Surgery

- **Anaesthesia:** Type of anaesthesia will be discussed and determined with our medical team before the surgery. Local or general anaesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** Before the procedure, we may mark circles and lines on the areas of your body to be treated, including your face.
  - A sterile solution — a mixture of salt water, is injected before liposuction to aid fat removal, an anaesthetic (lidocaine) to relieve pain and a drug (epinephrine) that causes the blood vessels to constrict — into the area that's being treated with liposuction. The fluid mixture causes the affected area to swell and stiffen. Then we make small cuts into your skin and insert a thin tube called a cannula. The cannula is connected to a vacuum that suctions fat and fluids from your body that will be collected in a sterile cannister.
  - The collected fat will be purified, processed and transferred to your face using fat injection cannulas connected to small syringes.
  - The surgery lasts for 1 to 1 and a half hour depending on the surgical details and patient's situation.

## After the Surgery

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
- Expect some pain, swelling and bruising after the procedure. Medication will be prescribed to help control the pain and antibiotics to reduce the risk of infection.
- We may leave your incisions open to allow any blood or fluids to drain.

- Do not worry if suction fluids and solutions come out and appear on the corset. These fluids may be in large amount and bloody. This is normal and will decrease gradually within 3 days.
- You might need to wear tight compression garments, which help reduce swelling, for a few weeks.
- The swelling will improve by time along with the contour and size.
- You could feel numbness at the treated areas which will improve by time.
- You may need to wait one week at least before returning to work and a few weeks before resuming your normal activities — including exercise.
- During this time, expect some contour irregularities as the remaining fat settles into position.
- If you notice warmth and redness in your face or have fever, you might have an infection. Contact our medical team as soon as possible.

### **Post-Procedure Precautions**

1. Sleep at a 45-degree angle for a week after the operation.
2. It is recommended to sleep on your back only and not on your sides for the first 3 weeks.
3. In case of abdominal liposuction, an abdominal belt might be needed or a corset for 1-2 months.
4. It is advised to walk (a minimum of 30 steps daily inside the room), to avoid immobility risks.
5. It is important to watch out for not standing up suddenly from a sleeping position. Yet, sit on the bed first, then stand up gradually to get out of bed.
6. It is highly recommended to perform massage (manual lymphatic drainage massage) on the liposuction treated area, as early as 3 days postoperative, for better results and faster recovery. You can do it yourself at home or ask our clinic for support. Check massage video [here](https://youtu.be/SXQ4zppUcAI)<sup>2</sup>.
7. Do not massage the fat injection treated areas, especially for the first 3 weeks.
8. Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.

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<sup>2</sup> <https://youtu.be/SXQ4zppUcAI>

9. Stop smoking. Smoking slows the healing process and may make you more likely to get an infection.
10. Eat high-fiber foods, such as fruits and vegetables, to avoid constipation.
11. Limit your dietary salt intake to help faster swelling recovery.

## **Recovery and Results**

- Your improved face contour will be apparent when the swelling and fluid retention commonly experienced following liposuction and fat transfer subside. It takes a few weeks for the swelling recovery and several months to observe a natural-looking plumper face.
- Not all the injected fat will survive. Over the following 3 months, as the injected fat cells gain new blood supply, some of the fat will be reabsorbed by the body and the rest will remain.
- It is natural for skin to lose some firmness with aging, but liposuction and face fat injection results are generally long lasting if you maintain your weight.
- If you gain weight after liposuction, your fat distribution may change. Untreated areas might gain weight before treated areas. However small volume liposuction might not do any change.

## **Follow-up**

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visits (once a month) during the next 6-12 months.

## **Risk**

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of liposuction and fat transfer are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Liposuction risks might include:

- Anesthesia risks
- Fluid accumulation, swelling and/or bruising.
- Irregular contours or asymmetries
- Irregular pigmentation
- Poor wound healing
- Injury to blood vessels, muscles or nerves

Fat transfer risks might include:

- Fat cells not surviving.
- Cysts
- Infection
- Microcalcifications
- Fat Necrosis (death of fat cells)
- Asymmetry
- The need for subsequent fat injection procedures

## Medication

<b>R/Tavanic 500mg</b>	One tablet daily for 5 days
<b>R/Ketolac SR</b>	One tablet every 12 hours - after meals – till pain is gone
<b>R/Panadol 500mg</b>	Two tablets every 8 hours
<b>R/Neurontin 300mg</b>	One tablet before sleeping for 5 days
<b>R/Alphintern</b>	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
<b>R/Controloc 40mg</b>	One tablet 30 minutes before breakfast for 10 days

**Cited in:**

– American Society of Plastic Surgeons: <https://www.plasticsurgery.org>

-<https://msprs.org.my>

-<https://doi.org/10.1016/j.biopha.2019.108765>