



Aura

ADVANCED SKIN CARE
& PLASTIC SURGERY

FAT TRANSFER PROCEDURE

What is a Fat Transfer Procedure?

Fat transfers are done to enhance areas that lack volume by transferring fat from unwanted areas to areas that look more attractive or youthful with more volume. For example, those who want a slight to modest increase in their breast size but do not want implants may opt for a fat transfer breast augmentation to achieve their desired results.

Reasons Fat Transfers are done:

- Increase breast size
- Fill out areas of the face that appear sunken or have deep folds
- Reduce the appearance of scars or dimples in unwanted areas
- Rejuvenate hands that look aged
- Create a smoother body contour in areas where there are irregularities

Why are Fat Transfer Procedures Done?

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TYPES OF FAT TRANSFER PROCEDURES

If any of the above interest you and you are in overall good health, are a non-smoker, have a positive outlook and realistic expectations, you are likely an excellent candidate for a fat transfer procedure.

Facial Fat Transfer

Facial fat transfers can effectively treat deep creases such as laugh lines, crow's feet, and furrow or worry lines in the forehead. Indentations and scarring from acne or other trauma can also be minimized with facial fat transfers.

Breast Augmentation

For those who have enough fat to harvest from other areas of the body and are looking for a slight to modest increase in their breast size without the use of implants, fat transfer is an excellent option for augmentation.

Breast Implants with Fat Transfer

If breast augmentation with implants have created irregularities and the edges of the implant are visible or easily felt, fat transfer can fill in these irregularities and create a smoother more attractive contour.

Breast Reconstruction

Facial fat transfers can effectively treat deep creases such as laugh lines, crow's feet, and furrow or worry lines in the forehead. Indentations and scarring from acne or other trauma can also be minimized with facial fat transfers.

Buttock Augmentation

Fat transfer is an excellent option for those who want to create a fuller, rounder and more attractive back side. Also, commonly referred to as a "Brazilian Butt Lift", buttock augmentation with fat transfers can effectively produce a sensual and curvaceous look and feel of the buttocks without inserting an implant.

Hand Rejuvenation

As we age, our hands start to lose fatty tissue, revealing underlying vessels and tendons which can be unattractive to some. By injecting just a small amount of fat under the skin, hands can appear healthier and years younger.

HOW IS FAT TRANSFER DONE?

Before the Procedure

Meet with a Surgeon

First, you will need to meet with a board certified plastic surgeon. This is important because board certified plastic surgeons must meet rigorous qualifications and standards to receive their certification after completing four years of medical school and several more years of residency. Be wary of physicians who are certified by medical boards other than plastic surgery as they do not have the same extensive training.

During your surgeon visit

During your visit with the surgeon, you will discuss your issues and concerns. A good surgeon will carefully listen to your desired outcome and help you know if a fat transfer procedure is the right procedure for you

The Procedure

Anesthesia & Sedation

Fat Transfer surgery is performed at an outpatient surgical center or hospital under general anesthesia or IV sedation. The average time-frame for fat transfer surgery is two to four hours.

Once the procedure has been completed, you'll be held in the recovery room until you wake up from the anesthesia or sedation.

Unless you are staying in a special post-op suite or the hospital, you will need to arrange for someone to drive you to and from surgery and stay with you the first few nights to help you recover. Once the procedure has been completed, you'll be held in the recovery room until you wake up from the anesthesia or sedation.

Stage 1: Liposuction

Once sedation or anesthesia has taken effect, your surgeon will start by removing unwanted fat from the designated area by using liposuction. Popular areas include the abdomen, thigh, and love handles. Liposuction is accomplished by suctioning out fatty tissue through small, hollow tubes inserted just under the skin through tiny incisions. Liposuction not only removes unwanted fat but improves the contour of the skin and body shape.

Following the liposuction, the fatty tissue that was removed is treated with stem cells and purified with a centrifuge or other filtration process that removes impurities before it is transferred.

Stage 2: Relocating Fat

The fat is then placed in the desired area through the use of syringes that are filled with the now purified fat cells. The fat cells are strategically and slowly injected until the desired effect is achieved. Any incisions are expertly closed with sutures or may be left open to allow for surgical drains to prevent fluid buildup during the first few days of healing. The area will be bandaged with absorbent pads to protect the incision sites and allow for proper healing.

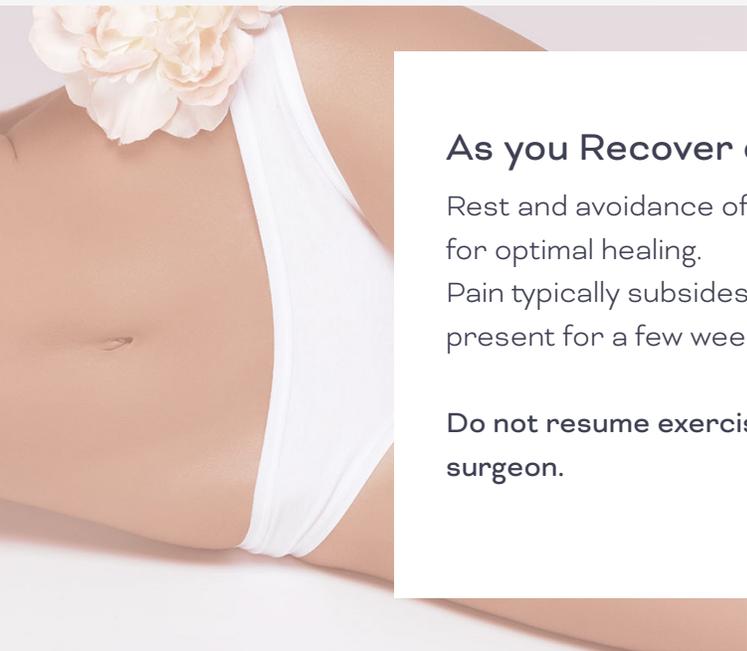
WHAT IS RECOVER FROM FAT TRANSFER PROCEDURES LIKE?

After the Procedure is Complete

After having a fat transfer procedure, you'll likely have some form of compression garment or bandage to help "shrink" the skin and reduce swelling. Areas treated are typically sore and bruising can be expected.

Your surgeon will give you specific post-operative care instruction so be sure to follow them closely. Follow up appointments are usually scheduled within a few days to monitor your healing.

Medications may be prescribed to help with pain and inflammation.



As you Recover over time

Rest and avoidance of any activities that cause pain is strongly recommended for optimal healing.

Pain typically subsides within the first week, but soreness and swelling may be present for a few weeks.

Do not resume exercise or other physical activity until cleared by your surgeon.

WHAT ARE THE RESULTS & BENEFITS OF A FAT TRANSFER?

Results & Benefits

After the bandages have been removed

The final results from breast reduction may not be fully visible for a few weeks due to the swelling that naturally accompanies these types of surgeries. However, a difference is usually noticeable right away. Usually within a week after the surgery, you'll have your first follow up visit to assess your progress and remove drains and other bandages if it is time.

To achieve optimal fat transfer results, be sure to follow all post-operative instructions and keep follow-up visits.

Benefits of a Fat Transfer:

Areas that were treated will feel fuller and softer, giving you a more youthful, attractive appearance. When done correctly by an experienced and board certified plastic surgeon, fat transfers can have long lasting results.

WHAT RISKS COME WITH A FAT TRANSFER?

Risks are present with any type of procedure or medical treatment. Knowing what risks you may face will help you weigh the pros and cons so you can make the right decision for you.

Your surgeon will go over risks that may be more specific to you but in general there are some risks associated with fat transfer procedures.



Fat Transfer Risks:

- Infection
- Bruising
- Discoloration of skin
- Depressed areas of tissue due to poor blood supply
- Altered skin sensation, temporary or permanent
- Bleeding
- Blood Clots
- Chronic pain
- Adverse reactions to anesthesia or sedation medication

LIST OF QUESTIONS TO ASK DURING CONSULTATION

- ❓ Is the surgeon a Board Certified Plastic Surgeon?
- ❓ Are there any steps I can take to help me prepare for my surgery?
- ❓ What surgical technique would be best for me?
- ❓ Are there fat transfer before-and-after photos of individuals with a similar body type as mine so I can see what a similar outcome might be for me?
- ❓ Are there any risks and complications specifically associated with my breast augmentation procedure?
- ❓ Will I be going home afterward or staying overnight?
- ❓ Will I be given any medication after the surgery?
- ❓ How should I expect to feel immediately following and for the first few days after the procedure?
- ❓ What will the bandages and dressings be like and for how long will I have to wear them?
- ❓ What is the typical time-frame for recovery?
- ❓ What daily activities should I avoid during recovery and for how long?
- ❓ Will I need help during my recovery? What kind and for how long?
- ❓ Is there a number I can call in case complications arise?
- ❓ How often will follow up visits be?
- ❓ Will stitches need to be removed? If so, when?
- ❓ What's the expected time-frame for healing? When can I expect to see the final results?
- ❓ Where will the surgery be performed?
- ❓ If it is a hospital, is it accredited by the Joint Commission? You can check at www.qualitycheck.org
- ❓ If it is an office-based surgical facility and not a hospital, is it accredited by a nationally or state-recognized accrediting agency? Specifically, the Accreditation Association for Ambulatory Health Care (AAAHC) and The Joint Commission? You can check at <http://www.aaahc.org/>