

FAQ's for Fat Transfer

What is Fat Transfer?

Fat Transfer or fat grafting is the process of removing your fat using liposuction methods and transferring it to another part of your body, usually breasts or buttocks

How does it work?

Fat transfer works by first obtaining the fat via liposuction. Fat is harvested from the abdomen, flanks, back, braline, legs and thighs. Once harvested, it is stored in sterile containers filtered and processed for transfer. It is then transferred using very small access points into the desired area. The procedure known as the brazilian butt lift, or BBL is a process of fat transfer to the buttocks. Can also provide more natural curves to the hips, fixing what is known as a “hip dip.”

Is there recovery time?

Recovery time for fat transfer is 4-6 weeks. With fat transfer, you have to be very careful not to compress the area and allow for adequate blood flow so your fat will survive. You will be given special garments and pillows to assist your recovery. For a BBL, you will be given a pillow to allow you to sit, but not directly on your backside. For breast augmentation, you will be advised to get a support bra that supports but not to compress the breast

Any pain or bruising?

During the procedure, you are numb using a solution called tumescent solution. This uses lidocaine to completely bathe the area and provide pain control. You are also given an oral pain medication before the procedure and provided Pronox inhaled anesthetic. After the procedure, most people report soreness, dull pain which is easily controlled by tylenol or a low dose, non habit forming narcotic. Bruising is minimal as well. A garment is required for up to 4 weeks post procedure, and helps with swelling and contouring.

Results?

Results from fat transfer are usually immediate. There will be about a 20% loss of fat tissue after transfer, which should be evident after about 4 weeks, therefore the size of your buttock or breast will decrease. Once the swelling has subsided, your breasts or buttock should start to take on their permanent volume. .

How long does the procedure take?

This procedure usually takes 3-6 hours, depending on the volume of fat desired and where the transfer takes place. Special care is taken to observe sterile technique, therefore the transfer portion may take the longest.

Will I need multiple sessions?

Multiple sessions are usually not required, however it is not uncommon to need additional fat transfer in the future if volume desired is not achieved. It is important to transfer a safe amount, therefore a repeat session is not uncommon if more volume is needed, and there is available fat.

Who is a candidate?

A patient who would like to remove fat from one area and would like to increase the size of their buttocks or breasts.

