

LIPOFILLING

Lipofilling which means taking some fat tissue taken from one part of your body and injecting this fat tissue to another area, is one of the most popular procedures in cosmetic surgery.

If you consider having this surgery ,you need to know a few things about it.

1) What happens during the initial consultation?

- You will meet your surgeon and will tell him exactly what you want, why you want it and for how long.
- You will be asked to give information about your previous operations (cosmetic and non cosmetic), your health condition, your current medications, your allergies to medications, if you are a smoker or not..
- You will be asked to say where do you need this lipofilling and where the fat tissue can be harvested from
- Your surgeon will examine you, and will take some measurements.
- Then, the whole operation will be explained to you in details,including:
 - the type of anesthesia (sedation + local or general anesthesia)
 - the incisions (length (2 mms), position , and outcome of these scars
 - how the fat is harvested (syringe) , how it is purified (centrifugation) and how it is reinjected
 - what happens to this fat
 - the necessity to have several sessions
 - the type of sutures used, the type of dressing

This fat can be injected to any part of your body , but the most common ones are : face (hollow cheeks..), body (breasts, buttocks, post liposuction, ...)

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The procedure takes between 1 hour and 3 hours, depending on how much fat needs to be injected

You are usually staying a few hours in the clinic

2) What happens when you decide to go ahead with your surgery?

You call the office; we book the hospital for you.

It is always recommended to see your surgeon for a second consultation.

Before the operation, you are not supposed to take aspirin or similar tablets.

You will have to stop eating, drinking and smoking 6 hours before the operation.

You will see your surgeon before going to theater and have time to ask him any question you forgot to ask before. He will ask you to sign a consent form, where all the possible risks are mentioned. He will then do some markings on your skin and take some before photographs (they will stay in your file and are totally confidential)

-Then, you will meet the anesthetist and you will be taken to theater.

Your operation takes between one and three hours. You will spend half an hour in recovery, before being taken back to your room.

You will be discharged a few hours later and asked to come back to the clinic the next morning, for a check up (sometimes, you might stay overnight)

3) What can I expect.?

With a lipofilling, all depends on how big is the area to be treated (if it's small, it's easier) and how much fat is available

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Some of the fat injected can get lumpy and might need to be treated (by injections).the risk is 10%

Some of the fat can simply disappear , being reabsorbed:the risk is also 10%

In both cases, you need further sessions of fat transfer

4)What happens after the surgery?

-Back home you are supposed to take it easy: no sport, no heavy lifting for 3 weeks

-You cannot shower the area treated for one week,

-You might be in pain and will need to take some painkillers. You will be told to take some antibiotics for one week

-Your dressing needs to stay clean and dry.

-You are supposed to come back to the clinic after one week for the first wound check (but you can contact the office anytime in between), and then you will see your surgeon on the second week.

After this first post operative check up you will see your surgeon ,one month ,3 months and 6 months after the surgery. Then, it will only be once a year

Your stitches will be trimmed after 2 weeks.

The initial swelling will disappear within 3 weeks, which is the time you need ,before seeing what is left from this injection

5)What are the risks of this operation?

False expectations: -there is always a limit to what can be done, and sometimes , other procedures give better and more permanent results (Such as implants)

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Apart from the usual side effects (pain (3-5 days), swelling, numbness (3 weeks), there are some potential risks ,which are still very rare:

-bleeding: you will have to go back to surgery to have it stopped. This is why it is so important to stop smoking before the surgery

-bruising

-infection (this is why you have the antibiotics and why it is important to take a good shower (with betadine scrub) the night before and the day of the operation.

-asymmetry

-Fat resorption

-Fat lumpiness

Again all these risks of complications are rare, but remember that surgery is not an exact science and there is no magic in surgery.

What is really important ,is to attend to all the post operative consultations given by your surgeon

Would you have more questions, do not hesitate to ask your surgeon,who will be always pleased to see you again during a second consultation