

## Patient information sheet – Fat grafting

### Why is Fat grafting done?

Fat grafting is a procedure where fat is borrowed from your tummy or thigh, processed and then transferred to your face to either correct contour deformities to fill volume or improve the texture of skin and scars.

### What are the types of Fat grafts?

Microfat is a kind of fat used to correct contour deformities to fill volume in the face. Nanofat is a kind of fat which is used to improve the texture of skin and scars and rejuvenate the skin.

### How many days of hospital admission is required?

It is a daycare procedure and you will be discharged from the hospital on the same day of surgery.

### What does the surgery involve?

You will be seen by our anaesthetist before surgery and then admitted on the day of surgery. The surgery is conducted under general anaesthesia or local anaesthesia and takes about 1 hour. Fat is borrowed either from your tummy or thighs using liposuction equipment. It is then processed to produce either microfat or nanofat. This is then transferred to the face using a special needle and syringe depending on the area that needs to be corrected. There are no scars due to surgery. You will be given some pain killers and antibiotics and discharged on the same day evening.

### What happens after surgery?

You will have some swelling and bruising which is normal. There will be a follow up appointment after 1 week to check the wound. Most of the swelling goes down in a week, but final results can be usually seen after 6 weeks of surgery when the swelling and bruising completely recedes.

### What is the downtime after surgery?

You will be able to go back to normal activities from the next day. Strenuous activity like jogging, gym and sports can be resumed after 3 weeks.

### What complications can I expect?

Infection, bleeding, swelling, bruising and pain are common complications that can happen. The pain will be managed by our acute pain service team while in the hospital. The fat that is injected can get absorbed by the body. About 60 percent of the fat is retained at the site. In spite of doing overfilling, you might still need multiple sessions to get the perfect result.

### I have a few more questions. What do I do?

Kindly write to us at [contact@drvybhavderaje.com](mailto:contact@drvybhavderaje.com). We will be happy to reply to any of your questions and concerns.

Disclaimer: This information sheet is for you to get a general idea about the condition and surgery. This is in no way a substitute for a formal consultation with your doctor.

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