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# Fat Transfer to Face Fact Sheet

Cadogan Clinic, London's Leading Cosmetic Surgery Specialists.

# Fat Transfer to Face at The Cadogan Clinic

**The Cadogan Clinic has a unique heritage in fat transfer and stem cell procedures.**

Our founder, Mr Bryan Mayou, was one of the global pioneers of fat transfer procedures having introduced liposuction to the UK, over 35 years ago. He has hand-picked our fat transfer specialists, and works closely with them as Medical Director. Stem cell extraction techniques been developed at the Cadogan Clinic and we hosted the largest fat transfer and stem cell conference in the UK, at the Royal Society of Medicine.

As an internationally-renowned centre of cosmetic surgery excellence, we are fortunate to be the London base for several leading global surgeons in this field.

# What is Fat Transfer To Face?

**Fat transfer, also referred to as fat grafting and lipofilling, has become widely accepted as the optimal means of soft-tissue filling in all areas of the body, including the face.**

The method involves the strategic replacement of body's own naturally occurring fat resources to add volume in ageing areas of the face, and simultaneously rejuvenate the overlying skin.

Fat transfer to the face (or 'fat transplantation' or 'fat injection' to the face) uses processed fat to re-contour and restore volume to the face, particularly in areas that have become sunken with age. Fat transfer rejuvenates the face and restores a more youthful overall appearance.

Between 50 and 70 per cent of fat cells survive the transfer process meaning the results are permanent, and such is the organic ('autologous') nature of the donor material and the minimally invasive nature of the procedure, recovery times are minimal.

The Cadogan Clinic are specialists in this innovative field of fat transfer, and host the leading conference in the UK on the topic each year. Having performed hundreds of such procedures, we are the leading centre of excellence in the country for this treatment.

# Why do People have it?

The benefit of fat transfer to the face over dermal fillers is that the results of the procedure are long lasting and permanent. 50 - 70% of the fat will 'take' in the face and continue to behave exactly like normal fat. This fat will be long lasting, add structure and, because of the included stem cells, improve skin and scar quality. It is also possible to inject higher volumes of fat into the face, given its natural ('autologous') properties. By contrast, the results of dermal fillers tend to fade after 6 months of your treatment and there is only so much that can be injected at any one time.

# Who is Suitable?

**Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:**

- You are in good psychological and physical medical health
- You are at your ideal body weight
- You have a positive outlook and realistic expectations of what can be achieved via fat transfer
- You are seeking to improve the contours of your face
- You are seeking to rejuvenate the appearance of your overlying facial skin
- You are seeking to reduce fine lines and wrinkles
- You are looking for longer lasting results that can be achieved by dermal filler
- You are looking for long lasting results

# What to Expect

## 01 The consultation

The first step for all of our fat transfer patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation.

At the consultation you will be able to discuss with your surgeon what you hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing anatomy.

Your surgeon will take you through the options available to you, and which is the most preferential for you given your stated ambitions.

Having established this, several key measurements will be made and standard clinical photography will be taken.

One of the key considerations at consultation for fat grafting involves making an assessment of the volume of fat required—approximately twice the volume of fat needed for injection needs to be harvested as the volume is reduced by half during preparation.

Donor sites (where the fat is taken from) will also be assessed and agreed on with you. This may involve taking fat from more than one area; typical donor areas for fat grafting are the flanks, abdomen, lateral thighs ('saddle bags') and inner thighs, but fat can be taken from anywhere with excessive deposits.

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding what to expect in the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

# What to Expect

## 02 Leading up to procedure

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure. Before admission the following behavioural changes are recommended/required:

- In the 6 weeks before your procedure, we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications (see FAQs)
- In the week before your procedure, you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery, you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission

We advise all of our fat grafting patients that smoking is a particular contra-indication to this procedure (even more than with other surgical procedures) as fat viability is materially reduced after transfer in smokers, and the effectiveness of the procedure is significantly reduced.

## 03 On the day

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant vitals, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself takes place under local anaesthetic or Sedation over the course of 30 minutes to 1 hour. The fat is first removed via liposuction, then prepared via a centrifuge in order to separate the fat from blood and other oily fluids, and then re-injected to the treatment site with a needle and syringe. The injections are given through tiny holes in the skin, so stitches are not usually needed. If a large area is being treated, you may require 2 or more sessions.

The buttocks are bandaged after surgery to reduce bruising and you will feel stiff and mildly uncomfortable as you bend your legs or move your back. Most of the sutures used are dissolving to avoid stitch marks, but there may be a few to remove a week or so after surgery. Bruising lasts about 3 weeks.

# What to Expect

## 04 Treatment recovery

You should not feel any pain during the procedure, but you may have some for a few days afterwards. You'll be given painkillers if you need them.

Following the procedure, you will recover in our ambulatory recovery rooms for between one and two hours, dependent on the scale of the procedure.

Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

Once home you will have access to our dedicated on-call nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post operative phase.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process.

We ask that you come in to see your surgeon after 6 - 8 weeks for a final check up.

# What are the Risks?

**Complications are unlikely. That said, as with all surgery, some complications are possible, your surgeon will discuss each of these risks comprehensively at your consultation.**

**Fat grafting is a safe procedure, but it is common after a surgical fat transfer to experience:**

- Bruising and swelling
- Temporary numbness
- A small amount of scarring
- Loss of some of the fat from the injected area during the first few months

**As with all surgical procedures, fat grafting carries some risk and it is possible that you might experience:**

- Nausea
- Bleeding or Infection
- Poor healing of incisions and scarring
- A collection of blood underneath the skin (haematoma)
- Death of fat tissue (fat necrosis) or embolism



# Why Come to Cadogan Clinic for your Buttock Lift?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We were founded by Mr Bryan Mayou, the surgeon who first brought Liposuction the UK, and he has trained the next generation of specialists at the Clinic
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

# At a Glance



**Surgery Time**  
30-45 hours



**Time off work**  
A few days



**Hospital stay**  
1-2 hours



**Shower**  
After 1 weeks



**Reasonable Mobility**  
After 1 day



**Exercise**  
After 6 weeks



**Sexual Activity**  
After 4-6 weeks



**Sleeping on front**  
1-2 weeks



**Full Recovery**  
1 week



**Driving**  
2 weeks

# Before & Afters



Before

After

Fat Transfer to Face by Mr. Tunc Tiryaki

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Before

After

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Before

After

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Before

After

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# Cadogan Clinic

## Centre of Excellence

- The Care Quality Commission (CQC) rated the Clinic **Outstanding** for its collective leadership in their 2023 report.
- The CQC praised Cadogan Clinic's ethical practice for cosmetic surgery, compassion and kindness, respect for privacy and dignity, took account of their individual needs and emotional support to patients, families and carers. The CQC also highlighted Cadogan Clinic encouraged innovative, and evidence based safe practice.
- Cadogan Clinic was mentioned in the UK's most prestigious 2023 Tatler Cosmetic Surgery Guide. Eleven of Cadogan Clinic's consultants were featured in the guide, some of which have had honourable mentions for five consecutive years.

### TATLER

“” Cadogan Clinic, already an impressive centre which sees even innovative procedures performed as day cases -it has always been at the forefront when it comes to the prevention of bruising and swelling.” 2023 Tatler Cosmetic Surgery Guide

- Cadogan Clinic is award winning, named Best Plastic Surgery Provider at the 2020 My Face My Body awards.
- Cadogan Clinic was the UK's first day-case only provider for cosmetic surgery.
- Cadogan Clinic treats over 28,000 patients per year.
- Over 98% of Cadogan Clinic's patients said that they were satisfied following their surgery, and over 95% of patients were satisfied with the post operative nursing care.
- Cadogan Clinic are leaders in innovation and research, constantly looking to provide procedures featuring the latest medical advances, such as stem cells and regenerative treatments, providing the best results and treatment options for patients.