

Fat Transfer

Fat transfer is becoming increasingly popular as a natural way to restore volume, change shape or rejuvenate the face or body. Fat grafting can also be used to correct any deformities that have resulted from previous trauma or surgery.

As it is the patient's own fat being injected, then there is no chance of a reaction and, once the transferred fat is established in the new area of the body or face, then results are long-lasting.

Mr Tariq Ahmad finds it produces beautiful, subtle results for enhancing the face and hands, which are usually the first things that people notice about you and the first area to show signs of the ageing process. Temporary dermal fillers are an effective method of restoring volume but they will need to be repeated every year or two, depending on your requirements and where they are used. Fat transfer, in comparison, is thought to last approximately ten years, although every patient responds differently.

For fat transfer to the breast, it is only possible to go up by one size, so if you want a larger augmentation, you may wish to consider breast implants. Mr Tariq Ahmad is a fully qualified and experienced consultant plastic surgeon so will be able to discuss all surgical and non-surgical options in full at your consultation so you can make an informed decision.

What happens during a fat transfer procedure?

Mr Tariq Ahmad employs the Coleman Fat Transfer technique. Either under a general or local anaesthetic, depending on the extent of the procedure, fat is removed by a syringe from areas where there is excess, such as the thighs or abdomen. It is then purified in a centrifuge and re-injected into the area where more volume is required, using specially designed cannulas.

Mr Ahmad will place many minute amounts of the fat into the recipient area, as the tissue needs access to a blood supply to survive, sculpting and moulding the area as he works.

What's the downtime after a fat transfer procedure?

Bruising and swelling is quite mild after a fat transfer and will disappear quite quickly. Discomfort can be controlled easily with over-the-counter painkillers. There are no lengthy incisions as there are with other cosmetic surgery procedures, so scarring is minimal.

Over time some of the fat cells are reabsorbed so you may need a second procedure where more fat is transferred to achieve the results you're hoping for.

For long-lasting, natural, beautiful results, fat transfer can be a highly effective procedure. To discuss all your non-surgical and surgical options in full, book a consultation with Mr Tariq Ahmad at his Cambridge cosmetic surgery clinic.
