

Fat Graft (1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

A fat graft is where a quantity of fat is taken by liposuction from the abdomen, buttocks or thighs (donor area), separated and injected into another part of the body to fill out a defect or dent. A fat graft is also known as Coleman fat transfer.

There are a number of causes for these dents, such as a result of previous breast surgery, or a result of having many injections into one area.

Depending on the size of the area to be filled and the health of the patient, this procedure is either carried out as an inpatient or as a day case.

Complications of the procedure

Scarring

Scarring is minimal with this procedure. There will be a few puncture marks on the donor site from the liposuction and injection marks at the site of the defect.

Infection

Infection is unusual with this surgery. Rarely there may be some redness at the site of the punctures and sometimes antibiotics may be prescribed.

Swelling and bruising

There will be some swelling and bruising caused by the liposuction from the donor area. You may find it more comfortable if you wear supportive pants or cycling shorts. If the surgery is to the breast or chest area then women will find a supportive bra will give some protection to the area and be more comfortable. A lycra cycling top can be worn by men.

Pain

There will be some pain and discomfort following the procedure. You will be offered pain killers and given a supply to take home with you. Please follow the instructions on the packet.

Reabsorption

More fat than is required is injected into the defect as the body will absorb some of the transferred fat (around 30 - 50%). This normally occurs in the first six months and you will be reviewed in the out patient clinic regularly. It is sometimes necessary to repeat the procedure two or three times until the correct contour is achieved.

Pre-operative assessment

Before your operation you will be asked to come to a pre-operative assessment appointment where a nurse will explain your operation to you

Plastics and Burns Unit
01722 336262 ext 3507

and answer any questions you may have. A detailed medical history will be taken and various tests carried out (appropriate to your age and medical history). These may include:

- blood tests
- ECG (heart tracing)
- MRSA screen
- photograph.

On the day of surgery

You will be admitted to either the Day Surgery Unit or to the Surgical Admissions Lounge on the day of your operation. You will see the anaesthetist who will discuss your anaesthetic with you and the surgeon who will ask you to sign a consent form. Before signing this, the doctor will explain what is going to happen. Please ask questions if you are not sure or do not understand something.

After the operation

When your operation is over you will be taken to the ward. You can eat and drink as soon as you want.

Dressings

Small tape dressings will be put over the donor area sites and the injection sites. These dressings should not be removed until your outpatient appointment one week after the operation.

Follow up

You may be given an appointment to be seen in the Plastic Outpatient Department one week after your operation. Here the dressings will be removed and the wounds checked. If necessary the wounds will be re-dressed.

Activity

You must be very careful for a couple of weeks. Avoid being knocked in the area of the filled defect. Your donor area will be uncomfortable.

Driving

You are not exempt from wearing a seat belt but will find that this is very uncomfortable for a week or so. For this reason you may prefer not to drive for this time.

Contact details

If you have any problems in the days after your surgery please contact the Plastics and Burns Unit on 01722 336262 ext 3507 or the Plastic Surgery Outpatient Department on 01722 336262 ext 3254.