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Fat Injections

Today there are many methods and materials available to restore a smoother, more youthful appearance to ageing skin. Injectable treatments are among the most popular options available, and fat is one of the most widely used natural materials in cosmetic and reconstructive procedures.

Fat injections, also known as fat grafting or fat transfer, use fat taken from your own body to restore lost volume, soften wrinkles, and improve facial or body contours. Because the fat comes from your own tissue, there is no risk of an allergic reaction. Rather than simply filling lines and wrinkles, fat injections can help restore fullness and contour to areas that have become hollow or sunken with age, creating a softer and more youthful appearance.

As we age, the face gradually loses volume and support. This may result in thinning lips, hollow cheeks, deeper lines around the mouth, under-eye hollows, and a more angular or tired appearance. Fat injections help address these changes by restoring volume beneath the skin. The injected fat plumps and supports the tissues, helping to smooth wrinkles, soften scars, and improve areas affected by sagging or volume loss.

A fat-injection procedure may require more than one visit. Fat must first be harvested from another part of your body, most commonly the abdomen, hips, or thighs. This is performed using a gentle liposuction technique. Once removed, the fat is carefully filtered and purified to separate healthy fat cells from surrounding fluid and tissues before being re-injected into the treatment area.

Fat injections are commonly used to rejuvenate the lips, cheeks, chin, and areas beneath the eyes. They may also be used to soften lines around the mouth or restore volume to other areas of the body such as the hands, hips, and buttocks. While many patients are familiar with fat injections for lip enhancement, there are many other uses for fat grafting in facial rejuvenation. Fat can be used as an all-purpose facial filler to restore youthful contours and improve facial harmony.

As our understanding of the ageing process has improved, it has become clear that facial ageing is not only caused by sagging skin, but also by loss of soft tissue volume. In many patients, restoring volume with fat injections can produce a more natural and youthful appearance than

simply tightening the skin alone. Fat injections are therefore often used as a standalone rejuvenation treatment, as part of facelift surgery, or for smaller “touch-up” procedures.

Following the procedure, some swelling and bruising are common. Bruising is sometimes encountered and is usually temporary. Mild discomfort, tenderness, or temporary unevenness may also occur while the tissues settle. Most patients are able to return to normal daily activities within a few days, depending on the extent of the procedure and the areas treated.

Not all of the transferred fat will survive permanently, as some of the fat is naturally reabsorbed by the body during healing. However, most patients permanently retain a portion of the injected fat. The percentage of fat survival varies from patient to patient, and a second procedure may sometimes be required to achieve the desired result or to completely correct sagging or wrinkling.

As with all surgical procedures, fat injections carry potential risks and complications, including swelling, bruising, infection, asymmetry, irregularities, lumpiness, or the need for additional treatment. Your surgeon will discuss the procedure, expected recovery, and potential risks with you during your consultation.