

# RESCULPT CLINIC

Hét Nederlandse expertisecentrum voor vetbehandelingen



*Lipofilling*

## Patient information on lipofilling (fat transfer)

**Fallen or sunken cheeks, a deep set scar, a dent in the skin after an accident or liposuction, thin lips, a deep nose-lips crease or hanging mouth corners. Not to mention the enlargement of the breasts and the buttocks. This can all be treated by removing fat in one place (usually abdomen, hips or buttocks) and injecting it into the desired area. It is a safe procedure without a chance of rejection reactions. After all, it's your own fat!**

**Resculpt Clinic is the Dutch Expert Centre for fat treatments, including lipofilling. The Doctors of Resculpt Clinic, Dr. Hajo Bruining and Dr. Jonathan Kadouch are both medical specialists and specialized in this field. The possibilities of this treatment will be explained extensively by your own specialist during a consultation.**

### **The lipofilling-treatment**

#### *Fat harvesting*

During the consultation, the 'donor area' has been determined; the place from which the fat is extracted. After the donor area has been anesthetized locally with tumescent fluid, fat will be removed with a thin cannula. It is comparable to a small liposuction. Therefore, the lipofilling treatment can be easily combined with a tumescent liposuction as correction of a fat accumulation. You can read more about fat removal for bodycontouring on our website or in the folder 'Tumescent Liposuction'.

#### *Processing*

After harvesting the fat, it is modified in a special way so that we keep the most viable fat cells. There are several methods to edit or purify the collected fat. The doctors of Resculpt Clinic always are up to speed on the latest development, so that the best and safest methods can be applied.

#### *Filling*

The derived fat cells are placed in the area where more volume is needed. This area is accurately marked in advance. The technique of injection applies the new volume as evenly as possible. This also ensures the survival rate of the fat cells. A limited amount of cells can be inserted at a time. The cells need blood flow and when injecting too much into the same area at the same time, fewer cells will survive the transfer. Moreover, there is then an increased risk of getting cysts. The treatment takes about two hours.

#### *After the treatment*

Both donor and acceptor area will be wrapped in absorbent bandages. An elastic garment will also be applied to the donor area.

### **Recovery period**

From the few small incisions that are made to remove the fat, anesthetic fluid can run for 1-3 days. The first 24 hours after the treatment you can feel tired, maybe even a little shivery. The days after the treatment you are not sick; however, you may feel bruised and experience muscle pain in both areas. Most swelling and bruising are significantly reduced after a week. It may take several weeks before the bruises have completely disappeared.

All activities that feel good are allowed, provided that there is not too much pressure exerted in the area where the cells have been injected. Make sure you have no obligations for the first few days and no heavy work in the first week. The elastic garment is used for 1 week day and night, and then for another week only during the day.

As a rule, there are 1-3 treatments needed for an optimal result. We advise to keep a period of at least 6-8 weeks between each treatment.

### **Results**

In the first three months, your body will still be recovering. During this period the areas will also retain water. The end result will be fully visible after 3 months. The fat cells that survived until then, will no longer be lost.

### **Risks and complications**

Lipofilling is a safe procedure. As with any intervention, there is the risk of effusion of blood or infection. Sometimes small nodules can be felt, they generally disappear naturally. Specific risks in areas that are treated symmetrically are small asymmetries.

### **Safety**

At Resculpt Clinic, we do everything to ensure your safety during a visit or treatment. You can also contribute to this yourself, for example, by thoroughly informing your doctor about your health, medicine, lifestyle, etc. Ask questions when something is not clear or if you are worried.

### **Information and introductory consultation**

Do you want to know more about this treatment and your options? Schedule an appointment via the contact page on our website for a live or telephone consultation. During this consult with the medical specialist, ample time is taken to explain the condition, the treatment, the side effects, the follow-up and the result, so that you are optimally informed. The consult takes approximately 45 minutes.

### **Complaints and privacy rules**

*ReSculpt Clinic has a complaints and privacy policy. You can request this for inspection via the contact page on our website ([www.resculptclinic.nl](http://www.resculptclinic.nl)) or via [contact@resculpt.nl](mailto:contact@resculpt.nl)*

The logo for Resculpt Clinic features the word "RESCULPT" in a dark grey, serif font above the word "CLINIC" in a similar font. A thick, wavy orange line arches over the text, starting under the 'R' and ending under the 'C' of "CLINIC".

RESCULPT  
CLINIC

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