

U P D A T E

A patient information newsletter from Howard A. Tobin, M.D., F.A.C.S.

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Do Fat Injections Work?

Hands and buttocks appear to show promise

Fat injections seem to be quite the rage. For years, cosmetic surgeons have attempted to fill soft tissue defects with fat grafts, only to become discouraged by the ultimate absorption of the graft. More recently, with the advent of liposuction surgery, fat grafting has become a topic of renewed interest and controversy. Since large amounts of fat are routinely being removed during liposuction procedures, it is not surprising that there has been interest in the utilization of this material.

Along with most other cosmetic surgeons, we have been interested in the procedure and have tried fat injections in various areas of the body. Unfortunately, our experience has been that, in many cases, most of the fat is absorbed by the body in several months. For that reason, multiple sessions are required,

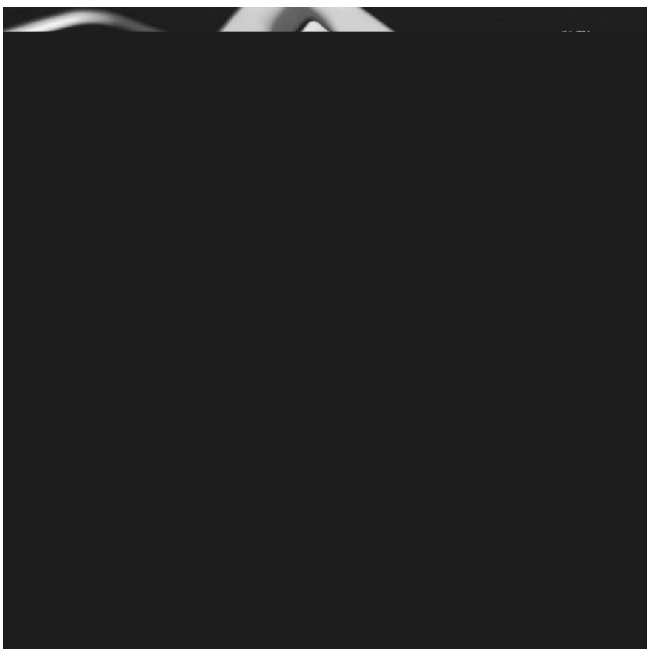
and since each session requires both extraction and injection, the overall procedure becomes unduly complex.

There are three areas that, in our experience, have proven worthwhile. First of all, we have found fat injections useful in the correction of post liposuction tissue defects. Obviously one should make every effort to avoid over-resection of fat during liposuction. However, we still do have patients who come to us with defects resulting from over aggressive treatment. For reasons that are not well understood, fat injections do seem to take better in these areas, although there is still a variable amount of absorption.

We are currently also using fat injections for buttock augmentation. Based on the results of several studies that have ap-

peared in the medical literature, there is evidence that fat injections seem to take better in the buttocks than in other areas. Since buttock enhancement is a widely sought procedure, surgeons have long sought an operation other than silicone implants which have been fraught with problems. Our limited experience with fat injections has been encouraging, although there still is variable absorption.

Finally, we feel that fat injections to rejuvenate aging hands does show potential. In this case, relatively small amounts of fat are injected into the back of the hands. Again, while there is some absorption, there appears to be a significant improvement in many patients which appears to be long lasting. Further experience will be required but, for now, the procedure appears promising.



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While we continue to publish our print **Update**, we also publish our email newsletter. More and more of our readers are reading the electronic edition. Not only is it concise and current, it is published at least bimonthly. Even if you're not a subscriber, you can read the email edition by going to our website: www.newlook.com. On the front page you will see a link to sign up for the newsletter. Immediately beneath is a link to view the online newsletter without subscribing. Of course, once you see it, we are certain you will want to become a regular reader!



Microdroplet Silicone

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The secret to safety with the technique is to use very tiny amounts for each treatment session. Each droplet of silicone then becomes surrounded by a tiny collagen capsule that is responsible for most of the tissue augmentation. A typical treatment session of lip enlargement would consist of over 100 tiny pulses of silicone. It takes time for the full effect of treatment to be realized since the growth of the collagen capsule is slow. For that reason, treatments are separated by a minimum of 1 month. Patients are advised to continue treatment until they are approaching the desired effect and to then hold off for a month or two to see if there will be further spontaneous collagen formation. If not, a final touch up session can be carried out later.

Once the end point is achieved, the result is permanent. Therefore it is important to avoid over treatment.

The full article that appeared in **Cosmetic Surgery Times** can be viewed on our website at www.newlook.com.

Dr. Peterson

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New Jersey. Dr. Peterson received a Bachelor of Arts degree from Augustana College in 1991. He then received his D.O. degree from Kirksville College of Osteopathic Medicine in 1995.

His wife, Alisa, is a physician specializing in internal medicine. Amanda, his adorable two-year-old daughter, is his pride and joy. He enjoys bike riding and spending time with his family and is also a classic car enthusiast.



Steve Peterson, D.O. - Cosmetic Surgery Fellow 2003 - 2004

Relieving Postoperative Pain

By Steve Peterson, D.O.

Although cosmetic surgery is an elective procedure, it also comes with postoperative discomfort or pain. Many factors influence the type and degree of postoperative pain a patient may experience.

Here at the Cosmetic Surgery Center we want your experience to be as pleasant and comfortable as possible. We therefore offer to our patients undergoing abdominoplasty, and other surgeries, a pain pump for postoperative comfort.

The pain pump contains a long acting local anesthetic with a catheter placed along the area of surgery. A one-way valve provides the ability to refill the catheter as needed. A flow regulator allows a slow continuous administration of the anesthetic for 2-4 days. Many patients spend the night and will have the pump refilled prior to leaving the Center. Once the pain pump reservoir is empty, the catheter is then simply removed without discomfort during a follow up appointment.

Video

Our award winning video production, **A Look Into Tomorrow** allows a forty minute "visit" to the **Facial Plastic & Cosmetic Surgical Center**, in the comfort of your own home. It also includes patient interviews as well as examples of before and after results.

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