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GUIDES · FACIAL FAT GRAFTING — NATURAL VOLUME RESTORATION

Fat Grafting to the Face



Facial fat grafting uses your own fat to restore volume lost with age or weight loss — in the cheeks, temples, under the eyes, the jawline, chin or lips. Because it is your own tissue, the result looks and feels natural, and the fat that settles in stays as living tissue.

1 At a glance

PROCEDURE TIME	ANAESTHESIA	GOING HOME	GARMENT / DRESSING
About 1 hour	Local anaesthetic as a day procedure (general anaesthesia if combined with a facelift)	Home the same day	Compression garment on the donor area for 1–2 weeks

STITCHES	BACK TO WORK	EXERCISE
Tiny stitches at the donor site, removed at days 5–7; only tiny entry dots on the face	7–10 days	Walking from day 1; gym after 2–3 weeks

How the procedure works

- Fat is taken by gentle liposuction from an area where you have some to spare — usually from around the belly button or from around the knees — through a few tiny openings.
- The fat is cleaned and purified, then injected in tiny amounts through fine cannulas into the areas we planned together.
- Part of the fat is naturally absorbed in the first weeks, so we graft a little extra. The fat that is still there at around 3 months is permanent.
- It can be done together with a facelift, or on its own as a day procedure under local anaesthetic. Some patients choose a second, smaller session for the best result.

2 Before your surgery

Specific to this procedure

- Keep your weight stable before and after — grafted fat behaves like the fat it came from, so big weight changes change the result.
- Stop retinol and other active skincare on the face 1 week before.
- Tell us about any fillers or threads you have had in the face.
- Buy (or collect from us) the compression garment for the donor area.

Preparing for surgery

IN THE WEEK BEFORE

- Stop aspirin, ibuprofen and blood-thinning supplements (fish oil, vitamin E, ginkgo, garlic, turmeric) 7 days before, unless a doctor prescribed them for your heart — then ask us first. Paracetamol is fine.
- Avoid alcohol for 48 hours before, and cut down on smoking as much as you can.
- Tell us about your medicines, allergies, and any history of cold sores, keloid scars or easy bruising.
- Let us know if you develop a fever or a skin infection in the treatment area.

ON THE DAY

- Eat a light meal beforehand — this procedure is done under local anaesthetic, so you do not need to fast unless we tell you otherwise.
- Arrive with clean skin: no make-up, creams or self-tan on the area.
- Wear comfortable clothes that are easy to take on and off over the treated area.

3 After your surgery

Your medicines

- Augmentin (antibiotic): 1 tablet twice a day, with food, for 7 days. Finish the full course even if you feel well. Tell us before surgery if you are allergic to penicillin.
- Reparil (for swelling and bruising): 2 tablets three times a day for 7–14 days, as we tell you.
- Brufen (painkiller): take it only when you need it, with food. If you cannot take anti-inflammatory painkillers — for example because of stomach ulcers, kidney problems or asthma — tell us and we will give you an alternative.
- Fusidic acid cream (antibiotic cream): apply a thin layer on the wounds twice a day, after showering, until they have healed.

The face — first 2 weeks

- Swelling peaks on days 2–3 and the face can look overfilled at first — this is expected, because some of the fat will be absorbed.
- Rest and sleep on your back with your head raised on 2 pillows for 2 weeks; avoid sleeping on your face or sides.
- Do not put cold or hot compresses on the face.
- Bruising is common and fades over 1–2 weeks.

Protecting the new fat

- Do not massage, press or rub the treated areas for 4–6 weeks — the fat needs to stay still while it builds its new blood supply.
- No facials, facial massage, laser or radiofrequency treatments for 6 weeks.
- Do not smoke or vape — nicotine kills grafted fat cells.
- Avoid strict dieting or losing weight for the first 3 months.

The donor area

- Some fluid leaking from the tiny openings is normal for 24–48 hours.
- Wear the compression garment day and night for 1–2 weeks, as we advise.
- Bruising and soreness, like after a hard workout, settle within 1–2 weeks.

Daily life

- You can shower from the next day; pat the face and donor area dry.
- Make-up can be applied from about 5–7 days, gently.
- Avoid exercise, sauna, steam and very hot showers for 2 weeks.
- Protect the face from strong sun while it is bruised.

4 Your recovery, week by week

Day 1–3

Peak swelling — the face looks fuller than the final result.

Weeks 1–2

Swelling and bruising settle; back to work and social life.

Weeks 4–6

Most swelling gone; some of the fat is absorbed.

Month 3

The fat that has settled is permanent; the result is close to final.

Month 6

Final result; a top-up session can be planned if needed.

Call us straight away if you notice

- An area of the face becoming hard, red, hot or increasingly painful.
- Skin on the face turning white, grey, blue or blotchy, or any change in your vision — call 998 immediately, then us.
- A temperature of 38 °C or higher, shivering, or feeling generally unwell.
- Bleeding that soaks through the dressing, or does not stop after 10 minutes of firm pressure.
- Swelling that is sudden, tense and painful, or clearly larger on one side than the other.
- Redness that is spreading, increasing heat, pus, or a bad smell from a wound.
- Pain that is getting worse rather than better, or not controlled by the medicine we gave you.
- Pain, swelling or redness in a calf, or new breathlessness or chest pain — call 998 first.

Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.