



Role of autologous fat grafting in improving the quality of scars due to various etiologies.

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Abstract:

Introduction

Scars have plagued the psyche of mankind for generations, and various methods like lasers, scar revision, chemical peels etc have been described. Recently a renewed interest in autologous fat grafting has emerged after it is known that fat is rich in Adipose derived stem cells and mesenchymal stem cells which have a role in wound healing and scar remodelling. In this study we describe the effects of fat in scar remodelling.

Materials and methods

This was a prospective study over a period of 3 years, patients with scars due to various etiologies were admitted and fat grafting done by the Coleman's technique. Results were tabulated on the basis of the POSAS scores.

Results

A total of 40 patients were admitted in this study, the average volume of fat injected was 11.3+/- 7.2 cc, with most patients undergoing one sitting of the procedure. There was a significant change $p < 0.05$ in the POSAS variables (Thickness, Rigidity, Pliability, Surface Area, Contour abnormality, Overall and the Total Score), while the variables of Vascularity and Pigmentation did not show a significant change $p > 0.05$.

Conclusion

Autologous fat grafting is a safe and reliable method in improving the quality and texture of scar tissue.

Biography



Ali Adil Mahmud is studied medicine in Goa Medical College MBBS., JNMCH, AMU, Aligarh, Uttar Pradesh (2015) MS General Surgery JNMCH, Aligarh Muslim University, Aligarh, Uttar Pradesh. (2018) M. Ch., Plastic and reconstructive surgery DNB (Plastic and Reconstructive Surgery) (2019)

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