plastetik

DR. MED. HANS-HERMANN WÖRL



PATIENT INFORMATION

# Fillers with hyaluronic acid and autologous fat

Everything important about the treatment, preparation, the day of surgery and healing – to read at your leisure and as a basis for your consultation.

This patient information was translated with the help of AI. Translation errors are possible – the German version is authoritative.

Plastetik GmbH · Bürgerstraße 14 · 81925 München · info@dr-woerl.de

As of 02.11.2026

PART 1 · THE TREATMENT

FACE

# Fillers with hyaluronic acid and autologous fat – volume where it is lacking

Not every wrinkle is caused by facial expressions. Where volume is lost, fillers help: hyaluronic acid for targeted, correctable results – or autologous fat for extensive, long-lasting volume restoration.

| HYALURONIC ACID | HYALURONIC ACID DURATION | AUTOLOGOUS FAT | FAT GRAFT TAKE |
|---|---|---|---|
| about 15 minutes | about 4–12 months | outpatient procedure | a portion remains permanently |

Skin aging begins earlier than many people think: from around the age of 25, firmness decreases, and from around 30 it becomes visible. There are two types of wrinkles. **Dynamic wrinkles** are caused by muscle movement – they are treated with a wrinkle treatment that relaxes the muscles. **Static wrinkles** and sunken areas are caused by volume loss – here, fillers help.

## Hyaluronic acid

Hyaluronic acid is a substance naturally produced by the body that binds water and gives the skin fullness. For filler treatments, it is produced biotechnologically and cross-linked to different degrees:

- **low-viscosity gels** for fine lines in the upper layers of the skin
- **firmer gels** for deep wrinkles and building volume, for example in the cheeks or chin
- **particularly soft gels** for the lips

One advantage: hyaluronic acid can be dissolved again with an enzyme (hyaluronidase) if a result needs to be corrected. Allergic reactions are very rare. Depending on the product and region, the effect lasts about **4 to 12 months**; low-viscosity gels are broken down faster than firm ones.

### Typical areas of use

- Nasolabial folds and marionette lines
- Tear trough and dark circles under the eyes
- Lips and lip contour

— Volume restoration in the cheeks, temples and chin

## Autologous fat (lipofilling)

Lipofilling uses the body's own fat – for example from the abdomen or thighs. It is gently harvested with a fine cannula, purified and then introduced under the skin in small portions in a fan-shaped pattern. With autologous fat, sunken areas can be filled extensively: hollow cheeks, cheekbones, deep wrinkles, dark circles under the eyes, drooping corners of the mouth or uneven contours of the chin.

Autologous fat comes from your own body and is well tolerated. However, not all of the fat takes – a portion is broken down in the first few weeks, while the remaining portion usually remains permanently. A second session is therefore sometimes advisable. Because fat is harvested and introduced, lipofilling is a minor surgical procedure with a few days of recovery.

## Which substance for whom?

| | Hyaluronic acid | Autologous fat |
|---|---|---|
| **Suitable for** | targeted wrinkles, lips, smaller volume deficits | extensive volume restoration, larger sunken areas |
| **Duration** | about 4–12 months, depending on the product | a portion is broken down, the rest usually remains permanently |
| **Correctable** | yes, by dissolving with an enzyme | only to a limited extent |
| **Effort** | Injection, about 15 minutes | minor procedure with fat harvesting |
| **Downtime** | usually none | a few days to about two weeks |

I advise against substances that are not broken down or cannot be removed – such as free silicone or mixed preparations containing particles. Late reactions can then often only be treated surgically.

## Procedure

01 **Consultation**
I look at where volume is lacking and whether facial expressions or tissue loss are the cause.

02 **Hyaluronic acid**
Numbing cream or local anesthesia, injection with a fine needle or blunt cannula, about 15 minutes.

03 **Autologous fat**
Harvesting and introduction under local anesthesia or twilight sedation, on an outpatient basis.

04 **Afterwards**
Cooling; with hyaluronic acid, usually fit for everyday activities immediately; with autologous fat, a few days of rest.

## After the treatment

Slight swelling, redness or small bruises are normal and usually subside within a few days. You should not massage the treated areas in the first few days; avoid sports, sauna and intense sun for a short time. After autologous fat treatments, the swelling lasts longer – allow up to two weeks.

## Risks and contraindications

Possible side effects include bruising, swelling, small nodules or irregularities and – very rarely – inflammation or an injection into a blood vessel, which must be treated immediately. Precisely for this reason, filler treatments belong in experienced hands with precise knowledge of anatomy. Among other things, no treatment is performed in case of acute inflammation in the treatment area, during pregnancy and breastfeeding, with certain autoimmune diseases or while taking some medications – we clarify this in the preliminary consultation.

## Frequently asked questions

**Will I look "overfilled" afterwards?**

Not with moderate treatment. The aim is to replace lost volume – not to change the face. It is better to treat in two steps than too much at once.

**Can hyaluronic acid be combined with a wrinkle treatment?**

Yes, this is often advisable: the wrinkle treatment relaxes facial expressions, and hyaluronic acid fills what has been caused by volume loss.

**When is autologous fat the better choice?**

When larger areas are to be filled extensively and you would like a long-lasting result with material from your own body. For lips and fine corrections, hyaluronic acid is usually more suitable.

## Your next step

Nothing can replace a personal consultation. There I answer your questions and together we clarify what makes sense for you.

**Book online:** www.plastetik.de/en/appointment/
**Phone:** +49 89 987855 · **Email:** info@dr-woerl.de
**More information:** www.plastetik.de/en/dermal-fillers/

Dr. med. Hans-Hermann Wörl · Specialist in Plastic and Aesthetic Surgery · Plastetik GmbH

---

**Important note:** This information is for general education and does not replace a personal medical consultation and informed-consent discussion. Procedures, time frames and healing courses are typical values and may vary individually. A specific result cannot be promised.

This patient information was translated with the help of AI. Translation errors are possible – the German version is authoritative.

**Image credits:**

- Porträt Dr. Wörl in Praxiskleidung: © Lukas Schramm Fotografie (Nutzungsrechte: Dr. med. Hans-Hermann Wörl), alle Rechte vorbehalten; verkleinert, WebP
- Dr. Wörl zeichnet die Zone unter dem Auge an: © Lukas Schramm Fotografie (Nutzungsrechte: Dr. med. Hans-Hermann Wörl), alle Rechte vorbehalten; verkleinert, WebP