

REGRAS DE SUBMISSÃO - PROFISSIONAIS DE SAÚDE PARA TRABALHOS
CIRÚRGICOS / HEALTH PROFESSIONALS FOR SURGICAL WORK

**“THE FAT POUCH” DRESSING METHOD: A WAY FOR GRAFTING
ASPIRATED GRANULATED FAT ON WOUNDS**

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Introduction: The treatment of wounds has always been a major issue in medical practice. It has also represented one of the most antique challenges in the history of medicine. Big loss of tissue, severe burns, trauma and infections can result in acute and chronic wounds with high complexity and difficult healing.

Objective: The objective is to describe a method to hold aspirated fat graft on complex wounds, with or without association with negative pressure wound treatment.

Method: Around 100cc of aspirated fat is collected from a donor site with a 4mm cannula (“macro” granulated fat). The preparation of the fat before grafting was decantation of the aspirated fat for 30 minutes. After debridement of the wound bed to remove necrosis and desvitalized tissue, a vaselinated gauze (AdapticR) was sutured over the skin around the wound, so that it ended up in the form of a bag or pouch of vaselinated gauze full of aspirated fat. A simple continuous suture with nylon 3.0 is used to fix the gauze over the skin. Lipofilling with 1.8mm or 2.0mm cannulas is performed in the borders of the subcutaneous

tissue around the wound. The fat bag is fullfilled to the point of the fat getting out of the pouch, through the suture. Some simple stiches may be necessary to reinforce the contention of the aspirated fat inside of the pouch.

Results: The described method of the “Fat bag” was capable to hold and stabilize the fat grafting over the wound bed for a long time, stimulating the healing and providing anti-inflammatory effects with very promising results. A very low morbidity in the patients was noticed with this method.

Discussion: The treatment of a wound with fat grafting inside a “bag”, in order to hold the fat over the desired area, reduced the waste of collected fat, optimizing the fat of restricted donor site. A good quantity and stability of fat graft on the wound bed were possible to obtain by the use of the fat bag (with or without association of the negative pressure wound treatment (NPWT)). When the NPWT was associated it was noticed a good adaptation with the fat bag sutured over the wound. The change of secondary dressings was possible and the wound bed could remain untouched for more than 15 days or more. Very favorable results were noticed.

Conclusion: A method for grafting fat on wounds was described. “The fat pouch” lay out dressing is a new way to treat complex wounds, with very good perspectives in the salvage of inferior limbs wounds and an option for difficult situations, such as loss of flaps.

Palavras-chave: fat grafting; inferior limb; complex wounds; negative pressure wound treatment.