

# OCEAN DRIVE



# THE GAME CHANGER

Dr. Roger K. Khouri: *fat grafting*

**Expertise:** A pioneer in fat grafting, Dr. Roger K. Khouri uses a patient's own resources to mold a better body. He founded the Miami Breast Center and has made major breakthroughs in substituting fat for implants in both breast and butt augmentations.

**Beauty philosophy:** Although implants and injectables have been mainstays of aesthetic medicine, Khouri believes in the more natural approach. "Some follow the route of modifying the body by inserting foreign materials, which is easier because an implant is more predictable, but the body doesn't like to have foreign materials inserted," he says. "Fat, once the most dreaded thing in the body, is now liquid gold!"

**Technique:** "We gently and with minimal trauma harvest the fat with a fine cannula the size of an IV needle instead of the standard garden-hose cannula that leaves a scar," Khouri explains. "Then we sprinkle back tiny fat droplets over the breast or buttocks like seeds in a field so they can take root and survive. Although the butt is a large field, you have to be a craftsman and fill it one drop at a time," he insists. "Otherwise the fat cells won't develop new circulation and they will die."

**Education:** A board-certified plastic surgeon, Khouri was trained in general surgery at the University of North Carolina, plastic surgery at Brown University, reconstructive microsurgery at New York University, and hand surgery at Harvard. He was professor of plastic surgery at Washington University before moving to Miami, and he invented the Brava system, which enlarges the breast by stretching the skin, making it ready to accommodate the infusion of fat.

**On the horizon:** "A lot of what we do in plastic surgery today is nipping, tucking, and filling," Khouri says. "There will be less and less of this as we learn to harness the body's own regenerative powers. We will even be able to rejuvenate older skin this way."

