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Although grafted fat was initially advocated for its ability to alter facial and body proportions and to fill defects, it is now recognized for its enormous regenerative potential. This appreciation of the added benefits conferred by fat grafting corresponds with my personal observations extending back to the early 1990s, when I noted that transplanted fat appeared to improve the quality of the tissues into which it was grafted. In 2009, under the editorship of Sydney R. Coleman and Riccardo F. Mazzola, *Fat Injection: From Filling to Regeneration* was published. The book evolved from the panel discussion and included chapters written by world-renowned leaders in the field to offer the reader a scientific and clinical perception on the subject. SUMMARY Minimally-invasive autologous fat injection of the head and neck region can be considered a valid alternative to major invasive surgical procedures both for aesthetic and functional purposes. The favourable outcomes of autologous fat injection in otolaryngological practice are due to the filling of soft tissue and, mainly, to the potential regenerative effect of adipose-derived mesenchymal stem cells.