

POST-OPERATIVE INSTRUCTIONS – FAT GRAFTING TO FACE

Recovery from fat grafting requires time, patience, and adherence to basic post-operative care instructions. You are expected to have swelling, bruising, some differences on two sides, some oozing of blood from incision sites, and pain. We will go over some of these issues in these instructions. If you have any other questions or concerns, please feel free to call me (713-962-8876) or email me (elee@nuveauplasticsurgery.com).

- **Activities:** Restrict your activities the day of surgery and several days afterwards. It is not unusual to require **7 to 10 days** before you are feeling back to normal, and before you can resume physical activity.
 - **Elevation.** It is important to keep your head elevated, even when you are sleeping. Bending over, lifting heavy weights, and lying down for a long period of time will result in more swelling during the first week of the surgery. Also, it could elevate the blood flow at your incision site, resulting in bleeding. So it is recommended that patients use more pillows to keep their head up while sleeping, and stay up as much as possible.
- **Diet:** Start with clear liquids (ie water, juice, clear broth/soup on first night after surgery). Advance as tolerated to regular diet. Make sure you don't feel nauseated.
- **Medications:** You are prescribed antibiotics, oral steroids, and Norco. Please take medications as prescribed. The pain medication is on as-needed basis. You may also choose to take stool softener (Colace, Reglan) as needed for constipation. Also Arnica should help with the bruising. Please take it as instructed.
- **Incision care:** Apply antibiotic ointment three times daily to all incisions for up to five days then switch to Vaseline. Using the ointment longer can irritate the skin. If the incision appears to be too dry, you may apply more frequently. It is helpful to use Q-tip to apply the ointment.
- **Shower:** You may get take a shower and get the incision wet starting tomorrow. Wash your face at least twice a day with gentle soap and water. Pat dry (do not wipe). Use Q-tip moistened with water to clean around the incision to remove any crusting or blood.
- **Ice packing.** For first 1-2 days, the swelling will become more severe. This is our body's own mechanism to treat injuries or incisions. However, controlling the amount of swelling for first 72 hours is critical and will determine your recovery period. The swelling you develop during this period will slowly and gradually reduce for several days.
- **What to avoid:** make-up (for the first 1-2 weeks), strenuous exercise, and sudden head/neck movements.
- **Have patience!** After the surgery, you may not see the result right away, and this may be stressful. However, remember that after the long period of waiting and patience, you will achieve beautiful results!
- **Follow-up:** Return to clinic 5-7 days after your procedure for suture removal.