

Fat grafting, also referred to as fat transfer or fat injections, is the surgical process by which fat is transferred from one area of the body to another area. The surgical goal is to improve or augment the area where the fat is injected.

PLANNING FOR SURGERY

ONE MONTH BEFORE SURGERY

- Secure any pre-surgical physicals, laboratory tests and EKGs, if required by your surgeon. Not all patients will require these tests to be performed, but if needed, don't wait to the last minute.
- Practice a healthy lifestyle including proper diet and exercise. Staying fit and healthy can only increase your chances for a quick recovery.
- Have your hair cut and colored as needed. This is a great time to make that salon appointment.
- This is also a great time to wax your brows or other facial areas. Men should trim beard to a fine stubble.

2 WEEKS BEFORE SURGERY

- Stop taking certain medications, including aspirin, ibuprofen and vitamin E, which can increase your risk for certain surgical complications.
- Avoid using any nicotine from this point on, including cigarettes, pipes, chew, vapes and even smoking cessation patches. Nicotine can interfere with healthy circulation through your body, which can slow your healing from surgery and increase your risk of complications.
- Add 500mg of Vitamin C and a multivitamin to your daily routine to improve your general health and prepare your body for healing.
- Make plans for your accommodations. Arrange for a family member or friend to drive you safely to the surgery center and home.
- Start preparing a recovery area- a designated space in your home that is comfortable and easily accessible. Gather pillows, blankets, comfortable clothes, neck pillows, entertainment, healthy snacks, water and medical supplies.
- Wear sunscreen daily to avoid sun damage- especially to your face!

RECOVERY EXPECTATIONS

DAY OF SURGERY

After surgery, you may feel unsteady and sleepy. This is usually when you most need pain medication to stay on top of discomfort. Take the prescribed pain medicine (Norco) or Extra Strength Tylenol as needed. You should wear loose clothing that fastens in the front for 2-3 days.

FIRST WEEK

SWELLING and **BRUISING** of the surrounding tissues is completely normal. The bruising and swelling will be greater on the second or third day, but usually does not last more than one week.

DIZZINESS and **MILD DISCOMFORT** can be expected. This generally will clear up after a few days. Be sure to drink plenty of fluids. There is usually little pain following your procedure, but any pain can be eased with your prescribed pain medication (Norco) or Tylenol. Small episodes of sharp pain or itching is completely normal during the healing process as well.

MILD DEPRESSION may be experienced after cosmetic surgery. This is related to the shock of seeing your face swollen and discolored. Remember this is a temporary condition and will get better day to day.

NUMBNESS and **LUMPINESS** may be experienced in areas of the face after fat transfer. This is normal and will resolve within a few weeks.



DAILY CARE



Sutures

There may or may not be sutures present in the small incisions in your face, but there **will** be sutures on your harvest site (abdomen or thigh area). No special care is required for these areas.



Showering

You may wash your hair and face the next day after surgery. Wash your face gently with mild soap or cleanser twice daily the first week after surgery. Be sure to wash in a gentle upward motion.



Icing

Iced gauze or an ice pack can be applied to areas of the face with bruising and swelling following surgery.



Glasses

You can wear eyeglasses or sunglasses the day after surgery. Contact lenses can be worn the day after surgery as well unless you have had eyelid surgery.



Sleeping

Sleep on your back with your head **elevated about 30-40 degrees** (2 pillows). You are encouraged to sleep this way for 1 week to minimize bruising and swelling.



Soft Food

Eat soft foods for 2 days. Excess chewing can increase pain and swelling. Great examples of soft foods include: Jell-O, pudding and mashed potatoes. To avoid an upset stomach, eat something before taking any medication. You will also be prescribed an anti-nausea medication (Zofran) that can be taken as needed.



Medication

Take the prescribed pain medicine (Norco) or Extra Strength Tylenol as needed. Continue taking your antibiotic (Keflex or Doxycycline) as prescribed until it is finished. You may take the prescribed sleeping pill (Restoril) as needed. Avoid straining when having a bowel movement- use the prescribed stool softener (Colace) that can be taken as needed.

THINGS TO AVOID AFTER SURGERY



Restricted Medications

Do not drink alcohol while taking pain medication. Avoid taking aspirin (Excedrin) and ibuprofen (Advil, Motrin, Aleve) for 1 week after surgery. Acetaminophen (Tylenol) can be taken for occasional aches and pains.



Movement

Avoid bending over or lifting heavy objects for 2 days. No strenuous exercise for 1 week.



Cosmetics

Do not wear makeup for the first 2 days after your procedure.



Direct Sun

Avoid direct sun to the face for 1 month. If outside, make sure to wear sunscreen, sunglasses and hat.



REPORT

Report any excessive bleeding that persists after applying pressure for a minimum of 20 minutes. Report any signs of infection such as excessive swelling, redness, sudden increase in pain or drainage and elevation in temperature (greater than 100.3 degrees). Report development of any drug reaction (rash, hives and/or itching).

