

Pelosi Medical Center
FAT TRANSFER TO FACE
POST-OPERATIVE INSTRUCTIONS

1 TO 3 DAYS AFTER YOUR PROCEDURE

- For the first two (2) nights, it is preferred that you sleep in a semi-upright recliner if you have one. If not, sleeping with an additional pillow under your head will help reduce the swelling more quickly. Continue to sleep with your head elevated in this fashion for the entire first week after surgery if it does not interfere with the restfulness of your sleep.
- You should use ice packs liberally in the areas of the face where fat was transplanted for the first three (3) days after surgery in order to minimize swelling and to speed up the resolution of swelling. If the body area where fat was removed experiences any discomfort, some icing over that area can also be used for the first couple of days. You can continue to use ice over the swollen areas after surgery as needed for comfort and swelling.
- You will notice that you will look more swollen either two (2) or three (3) days after surgery. This appearance is expected and you should not be alarmed or concerned. The swelling should continue to decrease after the first several days.
- Limit dietary salt if possible in order to reduce facial swelling.
- If you are a smoker, do not smoke for 6 weeks after your procedure.
- You can apply makeup to your face the day after surgery if needed.
- During your rest and recovery at home, you should avoid the temptation to do a lot of household work, like cleaning and gardening, that involves bending over and straining. It can lead to increased and prolonged swelling.
- There are no restrictions in activity for the body part from which the fat was removed. However, avoid straining and activities that increase stomach pressure as this can lead to an increase in facial swelling.
- Avoid vigorous exercise for one (1) week. If you are accustomed to routine and frequent workouts and would like to resume your fitness regimen early, then you may start lighter exercise after the first few days of rest. If you notice significant facial swelling after your workout, reduce the amount of exercise you are engaged in. Light exercise using one-half to one-third of your normal weight and with only slow muscle contractions is allowed.

1 TO 4 WEEKS AFTER YOUR PROCEDURE

- You may have bruising, swelling, and mild discomfort in both the face and the part of the body from where the fat was removed. This is normal and will gradually resolve over the period of a few days to weeks. You may also notice some pressure and tightness in your face after surgery. This is normal and should resolve over a period of the first one (1) to two (2) weeks.
- You may notice that one side of the face is more swollen or lumpy than the other side. This is normal. Swelling resolves unevenly and you may notice these imperfections for even several weeks after surgery.

1 TO 12 MONTHS AFTER YOUR PROCEDURE

- You may notice ongoing changes for up to a year after surgery. This does not mean that your fat is going away, but typically, a small amount of swelling can persist even up to 6 months after surgery.
- The amount of fat that you retain following fat transfer is difficult to predict. Some patients require re-treatment or a touch-up after 6 months.

I acknowledge that I received my post-procedure patient instructions and that they were explained to me.

Patient Signature

Date