

POST FAT TRANSFER PATIENT INSTRUCTIONS

1. Following Your Fat Transfer Procedure You Can Expect:

An increase in swelling and varying degrees of bruising for the first 24 hours.

A. Tips to minimize swelling:

- Use a bag of frozen peas for five to ten minutes each hour for the first 24 hours while awake.
- Sleep with an extra pillow for several days following your procedure. Try to sleep on your back.

B. Tips to minimize bruising:

- Continue Bromelain supplement for one week following your procedure.
- Avoid aspirin and/or ibuprofen for one week following your procedure. For any discomfort, take Tylenol.

2. General Aftercare:

- You may wash your face the evening of surgery and may shower the next day.
- Do not try to rub the surgical markings off. You may try to gently wipe them off with a Q-tip and a little acetone (nail polish remover)
- Apply petroleum jelly or Aquaphor ointment to the stitches twice a day
- You may remove the bandage over your hip/abdomen and shower 24 hours following procedure.
- Avoid all forms of exercise for one week following your procedure, unless otherwise instructed.
- Avoid massaging the treated area.
- Continue use of your daily skin care regimen, unless otherwise instructed.

3. Notify Our Office Immediately:

- If you experience a fever or an increase in pain, redness or if one side of your face starts to behave differently from the other side.

4. Schedule Your Follow-Up Appointment Immediately.

- o **You Should Be Seen One Week From The Date Of Your Procedure.**