



## **After Your Fat Grafting Procedure**

1. After getting home, continue resting for the next 24 hours with your head elevated. Keeping your head elevated when you sleep will help minimize swelling and bruising. For the next 3-5 nights, sleep on your back with 3 to 4 pillows behind your head and back.

2. To help minimize swelling and discomfort, you may also apply cold compresses to the fat grafting sites during the first 24 hours after surgery.

3. You may take Tylenol or Motrin/Ibuprofen for pain. You may also be given a prescription for a stronger pain medication. Prescription pain medication should be taken with food to prevent nausea.

4. If you were discharged with an oral antibiotic, it should be taken through its full cycle as directed.

5. Before you go home, we will review which medications you may safely resume. If you have questions regarding which medications you may take, please call.

6. Call Dr. Gage's office **immediately** at 314-251-4530 if you experience any of the following symptoms: Temperature above 101.5°F, shakes and chills, severe unrelieved pain, or sudden onset of significant swelling or redness at the grafted sites.

7. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.

8. After the first 24 hours, you will be able to remove band aids and wash your face gently with a mild soap (Dove, etc.) and gently pat dry with a soft clean towel. You may also shower at that point.

9. You may brush your teeth gently 24 hours after surgery. Mouthwash may also be used with care.

10. Edema (swelling) as well as ecchymosis (bruising) around your face is normal after fat grafting surgery. The amount of edema and ecchymosis depends on the extent of surgery as well as your own tendency to bruise.

11. Avoid bending over or lifting heavy objects for the first week.

12. After surgery your face may be hypersensitive to sunlight and be more susceptible to sunburn. Dr. Gage highly recommends that you use sun block with a minimum of 15 SPF to protect your face from burning, especially at the surgical sites.

13. Be aware that smoking or the use of unapproved medications can lead to complications and jeopardize the results of your surgery.

It has been our pleasure to provide your surgical care. If you have any additional questions, please do not hesitate to call.

Drink only clear liquids for the first 12 hours following your surgery.  
The day after surgery, you may eat soft foods. You may eat anything

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After the first 24 hours, you will be able to remove band aids and wash your face gently with a mild soap (Dove, etc.) and gently pat dry with a soft clean towel. **You may shower 24 hours after surgery.**

9. You may brush your teeth gently 24 hours after surgery. Mouthwash may also be used with care.

10. You can expect edema (swelling) as well as ecchymosis (bruising) around your face after surgery. The amount of edema and ecchymosis depends on the extent of surgery as well as the individual's tendency to bruise.

11. Avoid bending over or lifting heavy objects for the first week.

12. After surgery your face will have a tendency to be hypersensitive to sunlight, causing an increasing tendency to burn. Use sun block with a minimum of 15 SPF to protect your face from burning, especially the surgical sites.

13. Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.