

Fat Augmentation Post-Op Instructions

Instructions: Begin Day of Surgery

1. Limit activity to bed rest with bathroom privileges.
2. Apply ice compresses to face for 24-48 hours. Keep ice on as much as you can tolerate. Some minor bleeding and oozing from the punctures site is normal. If bleeding persists, please notify your physician. It is normal to experience bruising and swelling of your face and the *donor* sites (legs, hips, and abdomen).
3. Sleep with your head elevated at least 30 degrees (2-3 pillows) for **1 week** to reduce swelling and bruising.
4. Regular diet as tolerated. Alcohol should be avoided for 1 week after surgery.
5. Wear your leg compression devices whenever you are not up and moving around during your recovery period, including when you are sleeping at night.

NOTE: Swelling usually peaks 2-3 days after surgery.

Days 2-7

- Activity level:
 - You should be up and walking around the house after 24 hours.
 - No exercising, or activity that will increase your heart rate or blood pressure, no bending over or lifting over 5 lbs for ____ week(s).
 - Do not return to exercise until approved by your physician.
- You may shower after 24 hours and gently wash over the suture lines, pat dry.
- Any sutures placed at the donor sites or facial insertion sites will dissolve in 7-10 days.

Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, fever above 101.5F, excessive bleeding, or change in or loss of vision.

Return to office for follow-up appointment on: Date: _____ Time: _____

____Postoperative instructions have been reviewed with me.

____I have received a copy of these instructions.

Nurse

Physician

Patient or responsible party

Relationship to patient