

Post-Operative Instructions

Facial Fat Grafting

- After getting home, continue resting comfortably for the next 24 hours with your head elevated. Sleep on your back with 3 to 4 pillows behind your head and back for the next 3 nights after surgery. This will help decrease facial edema (swelling).
- To help decrease the amount of facial swelling and bruising, as well as to provide comfort, apply ice cold compresses to the site/s for the first 24 hours after surgery.
- If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Tylenol (Acetaminophen) may be taken in the place of your prescription.
- If you were discharged with an oral antibiotic take it through its full cycle as directed.
- Call your Dr. Fortin's office immediately if you experience any of the following symptoms: Temperature above 38.7°C, shakes and chills, severe unrelieved pain, or sudden onset of significant swelling or redness from grafted sites.
- 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 starting on the 5th day after your surgery.
- 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.
- You may brush your teeth gently 24 hours after surgery. Mouthwash may also be used with care.
- 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.
- Avoid bending over or lifting heavy objects for the first week.
- 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.
- Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.

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