

# GUELPH | FACIAL PLASTICS

## - Fat Transfer Care -

### COMPRESSION GARMENT

- Around your waist will be a compression garment from where the fat was taken, leave this in place for 3 days following surgery. You may leave it in place longer for your comfort, some patients find it nice to have the support while healing. The garment will help to reduce swelling and bruising

### FOR YOUR COMFORT

- Ice the areas where fat was injected for 20 minutes of every hour for the first 3 days after surgery. After the first 3 days ice only as needed
- Refrigerated gel eye masks or a cool washcloth may feel soothing around the eye area
- Sleep elevated to minimize swelling

### SHOWERING

- There are no restrictions to showering or bathing. You may remove your garment for showers or baths

### ACTIVITY & DRIVING

- Medications you were given during your surgery will be acting in your body for 24-48 hours. Do not drive, operate machinery, drink alcohol or make important decisions in the 2 days following surgery. Someone must stay with you overnight
- You may resume most activities of daily living the day after your surgery. AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR for 14 days after surgery

### NUTRITION

- Light meals are suggested the day of your surgery when you return home
- You may resume a normal diet as soon as you feel ready

### MEDICATIONS

- Dr. Brace will have prescribed your post-operative medications prior to surgery
- Take your antibiotic as directed until the prescription is finished
- Use Tylenol (acetaminophen) 650mg every 4 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. YOU MAY USE BOTH AT THE SAME TIME
- To minimize nausea and vomiting, use your prescribed pain medicine only if Tylenol/Advil is not sufficient to treat your pain
- Do not use Aspirin or blood thinners for 2 weeks after surgery

**PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone if you have any of the following or any concern of an urgent nature:**

- You have a mass of swelling that is growing rapidly, this could indicate bleeding under the skin
- You have heavy bleeding that does not stop
- You develop a progressive headache WITH fever, vomiting and neck stiffness
- You have difficulty breathing or chest pain
- You have an ongoing fever above 38.5°C (101.3F)
- You have nausea and vomiting lasting more than 2 days

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Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status.