



CORRADO

CENTER FOR FACIAL PLASTIC
& COSMETIC SURGERY

University Doctors Pavilion
42 E. Laurel Rd. Suite 2500
Stratford, NJ 08084
Phone: 877 481 3223
www.dranthonycorrado.com

Fat Transfer Post-Operative Instructions

Instructions

Do not drive or operate heavy machinery for at least 24 hours after your procedure, or for as long as you take prescription pain medication. Do not make any important decisions, either, as the medications may interfere with your judgment.

Drainage is possible for up to 36 hours after the procedure. Excessive bleeding is not normal: **Notify the office immediately if this occurs.**

Severe pain not controlled with the prescribed medication is not normal, either, especially if localized to one area. **Please notify the office immediately if this occurs.**

Please notify the office immediately if your temperature rises above 101.0 degrees F.

Sleep with your head elevated to reduce swelling for 1 week. We recommend using a recliner or 2-3 pillows.

To help minimize swelling and discomfort, you may apply ice cold compresses to the face for twenty minutes every hour while awake for the first 48 hours after surgery. For compresses, obtain a small clean bowl full of ice and cold water, soak large gauze pad in the cold water, the squeeze out the excess water and

place on the face. Keep pads on the face until they lose their coldness, and repeat. **NEVER** place ice cubes or ice packs on the face directly.

After 24 hours, you can remove the wrap around your abdomen to shower, and then put it back on. You should wear this for 1 week after the procedure.

No heavy lifting, bending over or straining for 2 weeks. Light walking is okay, but wait 2 weeks for exercise or brisk walking.

No alcohol for 1 week. No smoking for at least 2 weeks; total smoking cessation is preferable. Nicotine gum or other nicotine-containing products can also interfere with healing.

Asymmetric or uneven appearance is common; give it time as you are still healing. You may look "overdone," but this is normal for this early period. It will settle down over the next week or two.

Do not manipulate the area of fat injection during the first week. Do not rub it.

Finish all antibiotics that have been prescribed

The sutures on the abdomen will be removed in 7 days.

Makeup is okay to apply after 24 hours.