

## After Facial Fat Grafting Surgery Instructions

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

**Medications:** (you may be given all or some of the following medications depending on your surgery)

- Percocet: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Zofran: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Colace: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Zanaflex: This will help relax the muscles involved in your procedure, which will also help with pain control.

Although you have been given a prescription for pain medication, you may only need regular Tylenol or Ibuprofen and should try it first. If your stomach becomes irritated or upset, stop the medication. **Do not use aspirin containing products which may increase your chances of bleeding complications.**

### Surgical site care:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."
- You may shower and wash your hair the day after your procedure.
- You can expect swelling and bruising, sometimes unevenly. Rarely are the two sides of the face the same at any one time. Each side heals at a different rate, but be assured the swelling and bruising will gradually subside after the first few days. You may use cold compresses to help reduce swelling and bruising.
- Make-up to cover any residual bruises can be worn after the 5th day.

### Donor Site Care:

- You will have steristrips over your donor site. These will remain in place for 2 weeks after surgery.
- You may shower with the steristrips in place.
- You may have drainage from the donor sites. This is normal and expected. You will be given gauze and additional dressing supplies to use for the first few days.

- You can expect swelling, bruising and numbness. This is normal and expected. It may take 2-3 weeks for this to completely resolve.

**Activities:**

- Rest with your head of the bed at about 30° elevation. Sleeping on two pillows will be more comfortable and helps to keep swelling down.
- Sleep on your back and not on your side (as best you can) for 5 days.
- Avoid strenuous activity, getting overheated or sunbathing for three weeks.

**Diet:**

- You may drink small amounts of liquids as desired and as tolerated the first night. The following day, a soft diet is suggested and after that you may eat and drink as desired, with the exception of alcohol, which must not be taken for three days after surgery.

**Follow-up appointments:**

- 1 week after surgery: Check incisions, monitor bruising and swelling.
- 2 weeks after surgery: Monitor bruising and swelling and remove any steristrips.
- 2 months: Final check to make sure everything is going great after your procedure.

**Watch for the following signs and symptoms. Notify the office immediately if these occur:**

- Fever or blistering.
- Redness that looks like a sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Call the office if you have any questions.