

FACIAL FAT GRAFTING: POST-OPERATIVE INSTRUCTIONS

The following is a list of general instructions for your care following your surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning of your surgery. Carefully following these instructions should help you get the best results from your surgery.

After Surgery

- Sleep with your head elevated for 1 week after surgery. You can use extra pillows or sleep in a recliner.
- Do not apply heat or cold to the graft sites. If you are having other procedures performed in the same area(s), do not apply heat or cold to the graft sites. You may use cold compresses (cold wash cloths) if needed due to another procedure as long as it does not overlap with where your fat grafting was performed.
- You may have some bruising and swelling for up to 2–3 weeks or more.

Daily Care

- Clean the sites with baby shampoo or gentle cleanser (Cetaphil or Cerave) followed with Bacitracin once daily.
- You can shower the day after the procedure.
- Dissolvable sutures will be removed at the 1-week post-op visit.

What to Expect

Swelling: Swelling will vary patient-to-patient and side-to-side. Swelling may actually increase the first 3–4 days before subsiding. Most swelling should resolve over the first 2–3 weeks; expect minor fluctuations over the next 2–3 months. To minimize swelling: keep your head elevated as much as possible over the first 2–3 weeks, avoid bending over or heavy lifting for the first 3 weeks, and avoid prolonged sun exposure for the first 2–3 months.

Restrictions

Avoid strenuous physical activity until after your first follow-up appointment.

A Note on Healing

Fat has many benefits including growth factor and stem cell benefits which will improve the look of your skin. How much fat persists long-term, however, is highly variable: 50–60% average long-term persistence; 70–80% with AcuClens/Viality; but there is wide variance, with some patients having <25% take, others 100% take.

Please call the office at 317-859-3850 if you notice redness or have drainage where the fat grafting was performed or if you begin to run a fever.

If you have any questions or concerns, please feel free to contact the office nursing team at 317-649-8530.

Hamilton

FACIAL PLASTIC SURGERY

Mark M. Hamilton, M.D., FACS
170 West 106th Street, Carmel, IN 46290
(317) 859-3810 | www.hamiltonfps.com

By signing below, I acknowledge that I have received and reviewed these post-operative instructions, that my questions have been answered to my satisfaction, and that I understand my post-operative care responsibilities.

Printed Name: _____

Patient Signature: _____ Date: _____