



## INSTRUCTIONS AFTER FAT INJECTIONS TO THE FACE

1. Keeping your head elevated above your waist will help reduce swelling. If you are not comfortable sleeping with your head elevated, you may sleep flat. It is more important to get a good nights rest.
2. You may apply cool compresses to your face for the first 48 hours while you're awake. This will help reduce some of the swelling and discomfort. **DO NOT** use ice and **DO NOT** apply heat.
3. When showering: You may shower, but avoid very hot water. Keep the incisions clean by applying a cool or warm moist cloth three or four times a day.
4. Fat injections to the face usually causes very little pain. If you experience any severe pain or visual changes, contact Dr. Kaplan's office immediately.
5. It is normal to experience swelling and bruising around the in the areas injected with fat for the first few weeks after surgery. Other normal experiences include:
  - Mild burning sensation in the incisions
  - A small amount of drainage during the first few days
  - Numbness in the skin
6. Wait until the incisions are healed before applying makeup or face lotion. This will be approximately seven days after surgery.
7. **Please call Dr. Kaplan at the first sign of:**
  - **Excessive (severe) pain and/or swelling**
  - **Redness, drainage, or odor from the incisions**
  - **Fever or chills**
  - **Shortness of breath**
8. It is extremely important that you do not smoke or have any form of nicotine for a minimum of two weeks after surgery. Smoking will delay the healing process or cause skin loss, which increases your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.

9. You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with Dr. Kaplan before resuming any strenuous activity such as biking, swimming, aerobics and weightlifting (usually three weeks). Also, when returning to more exercise, start slowly and gradually work up to your daily routine. Every patient's schedule to returning to normal activity is different. A general rule is that you will naturally limit your level of activity based on the level of discomfort you experience.
10. You may drive after you discontinue your narcotic pain medication and when you are comfortable with your mobility.
11. Avoid prolonged exposure to the sun, and wear sun protection with an SPF of 30 or higher for at least six months after surgery.
12. Usually there are no sutures to be removed, unless otherwise instructed. You will have a follow up appointment approximately two weeks after surgery.

Post-Op appointment date	Time