



## **FAT TRANSFER POST-OPERATIVE INSTRUCTIONS**

1. Swelling and bruising is normal after fat transfer. It can last anywhere from 2 - 4 weeks, please keep in mind every patient is different. Keeping your head elevated after surgery will help minimize swelling.
2. Cold compresses should be applied for the first 72 hours in 20-minute intervals; 20 minutes on then 20 minutes off. After 72 hours, you can alternate between warm moist and cool compresses if needed.
3. You will have one or more small incision(s), either just under your umbilicus (naval) or along the inner/outer thighs. The stitches are absorbable and do not require removal. You may clean the incisions with soap and water daily. It is okay to remove the steri-strips (tape) after you shower.
4. You may shower 48 hours after your procedure (unless otherwise instructed).
5. If prescribed an antibiotic, begin taking after surgery. Take with food to help avoid nausea. Do not drive if taking any narcotic medications for pain. Take the pain medication as prescribed for the first 24 hours. Post-operative NSAIDS (Advil, Motrin, or Aleve) may be taken for pain and swelling (as directed on the box). You may take until all redness and swelling is gone – but not longer than 3 weeks.
6. Tretinoin/Hydroquinone – Please use a small amount on your upper cheek area, once daily at night, starting 2 weeks before surgery. Then stop. Resume Tretinoin/Hydroquinone 1 week after surgery, unless instructed otherwise. If you are having a resurfacing procedure done the same day as the fat transfer (i.e. chemical peel, laser, dermabrasion), you must stop the Tretinoin/Hydroquinone 1 week before the procedure.

**DON'T TAKE ANY CHANCES** – If you are concerned about anything you consider significant, please call **(585)905-3414**.