

FACIAL FAT GRAFTING & LIPOSUCTION AFTERCARE INSTRUCTIONS

- If you received anesthesia during the procedure, you will be sleepy for the rest of the day and maybe tomorrow. **DO NOT** drive, operate any machinery, or do anything requiring coordination for the rest of the day. Do not sign any legal documents or make any important decisions in the next 24 hours. If you are a smoker, please do not smoke for 2-3wks. It will interfere with wound healing. After anesthesia, you should breathe deeply each waking hour in order to keep the lungs clear.
- On the day of your surgery and during that night, you should have a responsible adult to be with you for your safety. You may need assistance to go to the bathroom.
- Use medications as instructed. Patients may find Tylenol to be adequate to control postoperative discomfort if they prefer not to take any narcotic medications. **DO NOT** take aspirin products or nsaid (e.g. Ibuprofen, Advil, Aleve, Motrin, Naproxen, Excedrin). If any of these are prescribed to you by another physician, please advise our office.

DIET

- For the first 24 hours after surgery we recommend a light diet. We do not recommend *any alcoholic beverages for 24 hours after your procedure. After that, we do not recommend combining your postoperative pain medication with alcoholic beverages.* After the first 24 hours you may advance to a regular diet as you can tolerate.

THINGS TO HAVE

- Prescription Pain Medications
- Prescription Nausea Medications
- Stool Softener

YOUR DRESSING

- There will be no dressings over the facial area.
- You may have dressings / compression over the areas from where fat was harvested. Please remove those dressings and abdominal binder (if present) after 24 hours if **NO** other surgeries were done at the same time. You may resume showering daily at this point. If given an abdominal binder, resume wearing the binder for 3-4 weeks. If fat was harvested from the inner or outer thighs, we recommend wearing snug compression over this area such as spandex or Spanx.

WOUND CARE

- Wound care is extremely important and can help with healing. Please follow the instructions carefully.

- Incisions from where the fat was donated from may remain open. Keep these incisions clean. You may apply Aquaphor to these areas daily. They will close on their own.
- Do not apply any lotions or ointments without discussing it with Dr. Patel.
- Shower daily after 24hrs.
- You will have significant swelling and bruising in the facial fat grafted areas. That is normal. Avoid anti-inflammatory medications such as Motrin/ibuprofen, Naprosyn, etc.. If you do not want to take the pain medication, you can take straight Tylenol.

WHAT IS NORMAL

- You will probably experience moderate discomfort for 2 to 3 days after surgery.
- Slight oozing of blood and moderate “clear to fruit punch” colored drainage from the liposuction sites over the first 2-3 days is common.
- Swelling, which is the body’s way of healing, can last for several months; the swelling will likely be worse on day 2 or 3 after surgery and then improve significantly over the next several weeks.
- Take comfort in the fact that the “tight” feeling, numbness, bumps and irregularities, are normal after surgery and slowly improve over months.
- The body heals a surgical scar in slow stages. Gradually improving surgical scars and contours can be expected **for up to 1 year after surgery.**

WHAT TO AVOID

- Driving or operating heavy equipment after sedation or while taking prescription pain medication.
- Heavy lifting (greater than 10 pounds) or strenuous activities for 2-3 weeks.
- Sun exposure; if you must go into the sun, use sunscreen.
- Sleeping flat. Place 2-3 pillows behind head at night as it will help with discomfort.
- Smoking/tobacco as these slow the healing process.

AFTERCARE ACTIVITY

- You may resume showering 1 day after your surgery date.
- The **ONLY** exercise for the first 4 weeks is walking: after 2wks you may resume walking outside with increasing duration.
- You may return to the gym after 4wks doing only one-half of your usual regimen and take 4 weeks to return to your regular regimen. Weight, machines, running, swimming, golf, tennis, yoga, and Pilates after 8 weeks.
- Please refrain from sexual activity for 4 weeks.
- For the first 2 weeks lift no more than 10 pounds.
- You may return to sedentary work 2 weeks after your surgery, if you are no longer taking narcotic pain medications.
- Please refrain from driving a car for at least 7 days after your surgery date. After 7 days you may resume driving if you feel comfortable. Please ensure you are off all narcotic pain medications before resuming driving.

Call Dr. Patel on his cell phone (253)733-7048 if you experience the following:

- Extreme swelling around the surgical area that is very hot, firm, or tense.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medication; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 101.5 degrees.
- If you have any purulent drainage or notice a foul odor.
- If you have (excessive) bleeding or saturation of the dressing. A small amount of bleeding may appear on the dressing or pad.
- If you have an increase in pain or redness after the first 48 hours.
- If you experience persistent nausea or vomiting.

If you experience a medical emergency and are unable to reach the doctor on call, go to the nearest emergency room.