

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)

- Pain Medication: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Anti-Nausea Medication: 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.
- Stool Softener: 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.
- Muscle Relaxant/Anti-anxiety Medication: This will help relax the muscles involved in your procedure, which will help with pain control and should help you sleep.

Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first. If your stomach becomes irritated or upset, stop the medication.

Do not use Ibuprofen or 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. Our medical spa staff can help you with the cover up if needed.

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: (Please call the Mercy Clinic Medical Spa at 417-820-9340 to schedule your appointment.)

- 2 week after surgery: Check incisions, monitor bruising and swelling.
- 1 month after surgery: Monitor fat graft take and check on any residual bruising or swelling.
- Annually: We would love to make sure everything is going great after your procedure.

Watch for the following signs and symptoms. Notify the Mercy Clinic Medical Spa (820-9340) 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 Mercy Clinic Medical Spa 417-820-9340 if you have any questions.