



Colorado *Facial*
Plastic Surgery
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Creating Beautiful Faces

Aesthetics by Design
Creating Beautiful Skin

FAT GRAFTING - PATIENT INSTRUCTIONS

Before Your Surgery

- Make sure to discontinue using any Aspirin, Ibuprofen, Advil or any other anti-inflammatory medications for a minimum of 2 weeks prior to surgery.
- No smoking for a minimum of 3 weeks prior to surgery/3 weeks after surgery.
- Arrange for transportation to and from the surgery center/ hospital.
- Arrange for someone to stay with you for 24 hours following surgery.
- Make an appointment for your first postoperative visit 1 week after surgery.
- Please fill your prescriptions and obtain the necessary supplies prior to your surgery.

Night Before Surgery

- Make sure that you remove make-up and wash your face with Hibiclens (see separate instructions included).
- Do not eat or drink anything after midnight. This includes water. If this occurs your surgery may need to be rescheduled.

Morning of Surgery

- Remember, nothing to eat or drink for 8 hours before surgery. You may take any vital medications normally taken in the morning with small sips of water.
- Remove contact lenses.
- Do not drive yourself.
- No smoking or chewing gum, mints or candy.

After Surgery

- FOLLOW-UP APPOINTMENTS.
 - **1 week** – All dressings, stents and sutures are removed
 - **2 weeks** – Wound healing progress and swelling are assessed.
 - **1 month** – Check for any areas that may benefit from steroid injection.
 - **3 month, 6 months, 12 months** – Check for final result and need for any revision surgery.

Post Care

- It is common for the swelling and bruising to increase in the face/neck region for 3 days following surgery. Swelling will start to decrease after 72 hours.
- Watch for any abnormal swelling in the face/neck region shaped like a goose egg that feels firm or fluid filled. If this happens, please contact us at 303-839-7980, as this may indicate a collection of fluid under the skin and may need to be addressed by Dr. Imola.
- Please wait until the 3rd day post-surgery to start showering. When shampooing your baby shampoo only for the next 14 days.
- Keep your head elevated at all times for the 1-2 weeks of recovery. We recommend sleeping on 2-3 pillows at night. This will help decrease swelling.

- Sleep on your back for 2 weeks.
- DRESSINGS
 - If a compression garment is given, it should be worn continuously for the first 7- 10 days.
- SLEEP
 - Starting on day 1 keep your head as elevated as possible. Lying flat on your back can increase swelling. Sitting up, walking or resting with your head elevated is recommended. Sleep on your back with your head elevated with 2 pillows for 2 weeks.
- INCISION CARE AND CLEANING
 - You will need to keep the incision/suture lines clean and moist. The areas need to be cleaned at a minimum of 2 times a day with Hydrogen Peroxide 3% and H2O. After cleaning apply a generous layer of bacitracin/polysporin ointment. Do NOT put the ointment over the paper tape that has been applied to your face/neck. The face may be washed VERY GENTLY with a mild soap starting on day 4. DO NOT RUB THE FACE WITH ANYTHING MORE THAN A LIGHT TOUCH.
- RESUMING ACTIVITIES
 - You may wear contact lenses, sunglasses and glasses the day after surgery. Bathing, showering and shampooing may also begin the day after surgery. Driving may resume if pain medication has been discontinued. Alcohol may resume 2-3 weeks after surgery. Usually, you may return to work in 10-14 days. Recreational sports and contact sports may resume after 6 weeks.

Things NOT to do Following Surgery

- Do NOT bend over or lift anything greater than 5 lbs or engage in any vigorous activity.
- Do NOT SMOKE or DRINK alcohol.
- Do NOT use a hot tub or sauna for 6 weeks.
- Do NOT take any aspirin products as they promote bleeding. Ask Dr. Imola when it is safe to resume routine medications.
- Do NOT put any pressure on your head or neck.
- Avoid direct sunlight for 6 weeks and then use sunblock with SPF 30 or higher whenever you are outside. Also make sure to wear a hat.
- Avoid being around restless/playful pets and children.