



Cosmetic Plastic
Surgery Institute

Fat Grafting Postop Instructions

Fat grafting may be performed to the (a) facial region, (b) body and/or (c) breast

- 1. Dressings:** (a) facial cheek, lower eyelid, or nasal grafting requires only application of Bacitracin/Neosporin ointment to graft delivery incision sites for the first week; (b) fat grafted areas of the body will be wrapped with foam and compression garment dressings; these will be kept in place for approximately two weeks; (c) breast that are fat grafted will be wrapped with Kerlex wrap and a large Ace wrap; you will keep this dressing in place until seen by your plastic surgeon at week one following which you may wear an exercise bra for one month.
- 2. Sutures:** (a,b,c) Fat grafting requires 3 mm injection port sites which are repaired with simple external stitches; these sutures will be reabsorbed/removed by day seven following surgery.
- 3. Position:** (a) Following fat grafting to the face, resting with your head elevated or being in the upright position will help to decrease swelling during the early postoperative period.
- 4. Activity:** You may be up and around the house as soon as you feel able. Do not do anything that requires straining or heavy exercise for at least 3 to 4 days. You may return to work as soon as you feel comfortable doing so.
- 5. Driving:** Do not drive while taking prescription pain medicines.
- 6. Ice Packs:** Crushed in a baggie, or a soft pack of frozen peas may help both swelling and discomfort following facial fat grafting.
- 7. Exposure to sunlight:** Protect your delivery port site incisions from sun exposure for at least 6 months after surgery. Remember to wear a hat or sunscreen with a skin-protection factor (SPF) of at least 20 whenever you go outside.
- 8. Loss of sensation:** You may experience reduced or absent sensation for several months following fat grafting surgery. As the sensory nerves regenerate, patients normally experience tingling, shooting sensations, or itching. Massage the areas usually relieves the symptoms.
- 9. Exercise:** Do not do any heavy activities or aerobic exercise for at least 4 days following surgery.
- 10. Follow up visit:** You will follow up at one week, 1,3,6 month as well as one year following your surgery.

Pt. Name _____

Date _____

Pt. Signature _____