TOTONCHI
PLASTIC SURGERY

# Care after Facial Fat Injection

**This page contains answers to frequently asked questions regarding your care after facial fat injections. This information will help you remember the instructions given to you after surgery.**

**Appearance:**

- You may have bruising and swelling that may increase by day 2-3 before improving
- Please do not ice the fat injection area.

**Activity/Bathing/Sleeping:**

- Sleep on your back with your head elevated at approximately a 45 degree angle.
- Avoid bending over for long periods of time. **No exercise for 2 weeks.** Normal paced walking is encouraged
- You should not wash the face for 24 hours.
- **Someone must be with you for 24 hours after general anesthesia.**
- You will not be able to drive yourself if you are taking pain medication, please arrange for your transportation for the post-operative appointments.
- You may shower and please pat the face dry. Be sure to not apply too much pressure to the areas fat was injected.

**Diet:**

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- Do not drink alcohol for 1 week after your surgery or while taking narcotic pain medicines
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

**Medication:**

- Do not take any aspirin, Advil or Aleve for a period of one week following your surgery.
- If you need pain medication, do not hesitate to take it as prescribed. **Please eat food before taking the pain medication to minimize the chance for nausea or vomiting.**
- Take your nausea medicine as soon as you start feeling unwell. Take your nausea medicine with food or you can have any caffeine-containing beverages.

**Post-Operative Appointments:**

- **You will be seen 1-2 week after your surgery**
- Additional post-op appointments will be scheduled as needed

**Post-Operative Concerns:** Problems after fat injection do not occur often. Please review the following complications that may require a change in your post-operative care:

- **Infection** is rare following surgery. Signs of infection are:
  - Increased temperature
  - Increasing drainage from the incisions
  - Increasing redness around the incisions
- **Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). Although some swelling is to be expected due to your surgery, intravenous fluids given to you during the surgery, and your decreased level of activity, this swelling is normally mild, painless, and affects both legs evenly. If you have a large amount of leg swelling (either one or both legs), or if you experience pain in your legs, contact the office immediately.
- **Breathing problems** are rare but can be a serious complication. If you develop any chest and/or back pain or shortness of breath, please contact my office or be seen in the nearest emergency medical facility.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact my office.