

# Discharge Instructions for Fat Transfer to Face/Hands

Dr. Samuel Lam

(972) 312-8188 Monday-Friday, 9am-5pm

(214) 346-1388 Answering Service

## SPECIFIC INSTRUCTIONS:

- Keep your head elevated (day and night) above the level of your heart for the next 2 days. Try to stay on your back. Do not put pressure on your face as the fat is somewhat moveable the first few days after surgery. Keep your hands elevated if you had fat injected into your hands.
- Keep ice to the surgical site(s) for the next 2-3 days during waking hours. You may use gel packs, ice or frozen peas in a Ziploc bag. If using a Ziploc bag, always place a washcloth between the bag and your skin. The ice pack should be applied 20 minutes on the skin, then 20 minutes off the skin to avoid damage. You may also apply ice packs to the harvest sites to help decrease discomfort.
- It is normal to have areas of numbness around the harvest or injection sites. Your thighs may be numb, so be careful when standing the first several times. The numbness will dissipate throughout the day.
- Remove pressure dressings from harvest sites the day after your surgery and apply band aids if necessary. Always keep dressings clean and dry.
- You may return to your regular facial cleansing routine and wear make-up the day following surgery.
- Avoid strenuous exercise, lifting or bending over for the next several days. You may begin exercise walking the day after your surgery. Listen to your body and increase exercise as tolerated.
- NO swimming for the next 3 months to avoid infection.

Please keep the following things in mind as you recover. These are all normal and should be expected. Try not to be overly critical and give your body time to repair itself. It is important to remember that it may take 2-3 weeks until you have healed enough to be seen publicly, so please keep this in mind when scheduling your surgery and social events.

1. You may have bruising, swelling, and mild discomfort in both the face and the part of the body from where the fat was harvested. These symptoms may increase and peak around 3 days after the surgery. This will gradually resolve over a period of several days to weeks.
2. You may have pressure and tightness in your face, jaw and chin area.
3. You may notice that one side of the face is more swollen or lumpy than the other side. Swelling resolves unevenly and you may notice this for several weeks after the surgery.

4. It may be difficult to smile and your lips may appear small due to the fact that your face is swollen. You may notice hard lumps on the inside of your mouth.
5. You may notice ongoing changes for up to a year after surgery. This does not mean that the fat is going away. Follow-up and discussion with Dr. Lam will help reassure you regarding the changes you are observing.
6. You should avoid any significant weight gain of 20 lbs. or more, as this may make your face appear larger than you expected.

**Please return for your post-operative appointment as scheduled.**

Patient Signature: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date and Time: \_\_\_\_\_