

after fat transfer instruction sheet



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. This is normal and will gradually resolve over a period of a few days to weeks. You may also notice some pressure and tightness in your face after surgery, and this is normal and should resolve over a period of the first 1 to 2 weeks.
2. You should use ice packs liberally in the areas of the face where fat was transplanted for the first two days after surgery in order to minimize swelling and to speed up the resolution of swelling. If the body area where fat was harvested experiences any discomfort, some icing over the harvested area can also be undertaken for the first couple of days. If you wake up with a lot of facial swelling during the first week, you can continue to use ice over the swollen areas for the entire first week after surgery as needed.
3. For the first two nights, it is preferred that you sleep in a semi-upright recliner, like a La-Z-Boy, if you have one. If not, sleeping with an additional pillow under your head will help reduce the swelling more quickly. It is preferable if you continue to sleep with your head elevated in this fashion for the entire first week after surgery if it does not interfere with the restfulness of your sleep.
4. You will notice that you will look more swollen either 2 or 3 days after surgery, and this appearance should be expected and should not raise any alarm or concern. The swelling should continue to decrease after the first several days.
5. You may notice that one side of the face is more swollen or lumpy than the other side. This again is normal. Swelling resolves unevenly and you may notice these imperfections even for several weeks after surgery.
6. Dietary salt should be limited if possible in order to reduce facial swelling.
7. During your rest and recovery at home, you should avoid the temptation to do a lot of household busywork like cleaning and gardening that involve bending over and straining, which in turn can lead to pronounced and prolonged swelling.
8. Vigorous exercise should be avoided for two weeks to lessen swelling. If you are accustomed to routine and frequent workouts and would like to resume your fitness regimen early, then you may start lighter exercise after the first few days of rest. If you notice significant facial swelling after your workout, you should reduce the amount of exercise you are engaged in. Light exercise with half to one third of your normal weight and with only slow muscle contractions is allowed.
9. There are no restrictions in activity for the body part from where the fat was harvested. However, care should be taken to avoid straining and raising stomach pressure that can lead to increase facial swelling.
10. As the "incisions" Dr. Lam uses are only the width of a needle, you do not need to clean or take care of these areas. There are also no sutures that need to be removed if all you had was a fat transfer. (Obviously, if you had a facelift or other procedure performed, you may have incisions and sutures that require care.)

Lam Facial Plastics

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11. You can apply makeup to the face the day after surgery if needed.
12. You may notice ongoing changes for up to a year after surgery. This does not mean that your fat is going away, but typically a little swelling can persist even up to 6 months after surgery. Follow-up and discussion with Dr. Lam will help guide you as to the changes that you are observing.
13. You should avoid any significant weight gain after surgery, e.g., 20 or more lbs., as the fat that was transferred to your face can also similarly enlarge and make your face appear fatter than you would desire.
14. Do not hesitate to contact Dr. Lam should you have any questions regarding your care or your condition after surgery.