



Post-Surgery Precautions

+ fat grafting

- 01** Swelling and bruises will occur for 3 days after the surgery. They will subside as time passes.
- 02** Please avoid using an ice-pack on the surgical area. If the ice pack presses the surgical area, it could cause denting and dramatically reduces the survival rate of the grafted fat. If the surgical area feels hot, then use an ice cube and rub it gently on the area.
- 03** Please avoid pressing or massaging the surgical area. This can negatively affect the surgical result and cause the same effect as using an ice-pack. Also, it may cause the grafted fat to be shifted to another spot.
- 04** Facial wash and make up are allowed after the stitch removal. Stitches will be removed after 5 days on the face, and 7 days on the legs, abdomen and the arms. However, stitches for the second session will be removed 3 days after the surgery.
- 05** It takes about 1 month for grafted fat to settle down to its place. Therefore, the face will look swollen for 1~2 months. During this period, comparing the changes of the face before and after the surgery would be meaningless.
- 06** Please avoid going on a diet. Weight loss will cause the newly grafted fat to be reduced.
- 07** Avoid heavy exercises such as aerobics and/ or working out at a gym for 4 weeks after the surgery. Taking a walk is recommended.
- 08** Basic shower can be taken the day after the surgery, However, please avoid saunas and hot spring for 4 weeks.
- 09** Please do not bow your head or lie faced down.
- 10** Using a soft large cushioned pillow when sleeping will help minimize the swelling and the bruising. However, please make sure that your neck is not bent and you do not sleep on your side or faced down and sleep facing the ceiling.
- 11** Only pain killers and antibiotics prescribed by the clinic needs to be taken and should be taken correctly. If the pain killers provided is not enough, Tylenol can be taken also. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 12** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause infection and smoking can damage/necrotize skin or postpone wound recovery as it contracts vessels.