

**POST-OPERATIVE INSTRUCTIONS**  
**FACIAL FAT GRAFTING**

For the first 48 hours, you should keep your head elevated on 2-3 pillows when sleeping. You should be out of bed the day after surgery.

Take your prescribed medications including antibiotics.

Apply ice to your cheeks and eyes for the first 72 hours. Alternate 20 minutes on, 20 minutes off while awake, as much as possible!

The second post-operative visit will be 4-5 days after surgery.

The third post-operative visit will be 2-3 weeks after surgery.

Your injection/harvest areas will heal with time. You may notice some discharge that is clear or red Kool-aid colored for a few days after the procedure. At home, clean the injection areas with hydrogen peroxide and then apply a small amount of Vitamin A&D ointment or Aquaphor with a Q-tip, a couple of times a day in order to keep them moist.

Make-up may be applied after the second visit if approval is given at the post-op visit. The make-up should be purchased NEW to avoid introducing infection.

A feeling of tightness and swelling in the face is normal and will relax within a few weeks.