

# Precautions After Fat Grafting

## — Posture

1. Do not bend your neck forward or over. Always keep your upper body & head elevated above your heart, even when you sleep or are just lying down (a recliner would work best). Keep this posture for 1-week after surgery. This reduces swelling or edema.
2. It is recommended to sleep face-up and avoid to sleep on your side or face down.

## — Meals

You may have regular meals, but please avoid strong-tasting, spicy foods.

## — Swelling

For 48 hours after surgery, the swelling and bruises might get more severe, but they will gradually subside over 2-4 weeks after. This differs between individuals.

## — Wound Care

If there are stitches, they will be removed during your aftercare visit. For stitches at face, it will be 2-3 days after surgery and at thighs, 7-10 days.

## — Face Washing, Shower & Makeup

1. You can wash your face, take a shower, and do your makeup starting from the 3rd day after surgery. When washing your face, please wash gently and carefully. If you rub or put too much pressure on the grafted area, it may change its shape. Always be gentle.
2. When you take a shower, please be careful to not make the waterproof bandage falls off. If waterproof bandage falls or a bit of water get into contact with the wound, please make sure to dry the wound so that it doesn't become too wet. After making sure it dry, please attach a normal band-aid/wound tape. You only have to put the waterproof band-aid before taking a shower. (Please only use the waterproof bandage (that you can buy at pharmacy), when taking a shower. Do not use daily band-aid tape as it will cause the wound become damp) 3-4 days after surgery, please take a shower carefully while making sure the water doesn't come into contact with the wound. After shower, make sure to dry the wound area first.

## — Exercise



# Precautions After Fat Grafting

Daily routine activity may be resumed from 1-week after surgery. Moderate exercise is possible from the 2nd to 3rd weeks after surgery, and strenuous exercise is possible from 1-month after.

## — Medication

1. It is important that you take the prescribed medicine regularly at the same time every day, and if you experience symptoms such as diarrhea, or rash, please stop taking it and contact our hospital.
2. The prescribed medication contains painkillers, but if you still experience significant pain after taking it, you may additionally take Tylenol.
3. Since multi-vitamin (especially, vitamin E) can cause bleeding, it is recommended to avoid taking it for at least 1-month after surgery, unless it is necessary. (Please avoid taking aspirin for 1-week after surgery.)
4. It is advised not to take anti-inflammatory medicines because it can cause bleeding.

## — Alcohol Drinking & Smoking

Smoking and drinking are prohibited for 1 month after surgery due to their negative effects on bleeding, wound healing progress, and infection.

## — Post-Surgery Progress

1. To maximize the fat engraftment rate of the grafted fat, please refrain from massages, excessive movement and pressure on the grafted area for 1-month after surgery.
2. To increase the fat engraftment rate of the grafted fat, please consume enough nutrient-dense foods for 3-month. Avoid crash diets because weight loss causes low fat engraftment rates.
3. Do not irritate the fat grafted area by being careful not to get it knocked into or pressed into anything. Be careful not to push the fat grafted area against your pillow when sleeping.
4. For 'Forehead Fat Grafting', please do not pressure your forehead or wear cap that can put pressure to your forehead for at least 1 month after surgery.

## — Emergency Hotline



# Precautions After Fat Grafting

If you experience sudden severe in swelling, pain, changes in skin tone, or continuous bleeding, please contact our hospital ([02.512.1288](tel:02.512.1288)) or your consultant-in-charge IMMEDIATELY and make a visit to our hospital.

