



## **POST-OPERATIVE INSTRUCTIONS**

### **FAT TRANSFER**

Apply ICE to the area for the first 4 days, 15 minutes on, 20 minutes off while awake as much as possible. Do not ice for longer than 20 minutes at a time. Continue to ice as long as there is swelling or for comfort.

You may shower 24 hours after the procedure. Do not take a long shower and do not make it too hot.

Keep your head elevated on 2-3 pillows for the first 48 hours.

BEGIN taking the antibiotic the day of the procedure for \_\_\_\_\_ days.

Extra-strength Tylenol may be taken for discomfort.

It is normal for the donor site to become uncomfortable for the first few days following surgery. This is normal and will subside.

It is normal for the transfer site to swell and bruise. Do not be alarmed. This will subside.

**NOTIFY THE OFFICE OF ANY UNEXPECTED PROBLEMS.**