



Laser & Cosmetic Surgery Specialists, PC
Ran Y. Rubinstein, MD

Post-Operative Instructions for Fat Transfer

IN CASE OF AN EMERGENCY

1. During business hours: call the office @ **845-863-1772**
2. After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
3. **Avoid** going to the emergency room without contacting the office first for further instructions.

ACTIVITIES, BANDAGES, & SHOWERING FIRST WEEK

1. It is not unusual to feel nausea in the first 24 hours after surgery. If you feel nauseated or vomit, avoid food and drink. Take only 2 to 3 ounces of clear liquids at hourly intervals. Discontinue pain medications (Tylenol is OK) until nausea passes. If these symptoms persist, call for anti nausea medication.
2. 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 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.
3. No **HOT** or **WARM** compresses to the surgical area.
4. You should use ice packs liberally in the areas of the face where fat was transplanted for the first three 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. You can continue to use ice over the swollen areas after surgery as needed for comfort and swelling.
5. For the first week, 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.
6. 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.
7. 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.
8. Limit your activities the first week after your surgery. You are encouraged to walk around the house, but avoid bending over at the waist, picking up heavy objects, or straining of any kind. Limit lifting, pulling or pushing for 10 days.
9. You may shower after 48 hours using baby shampoo, for one week. Peroxide may help dissolve the blood. Do not use conditioner for one week. You may carefully wash your face with a mild soap and a clean washcloth or cotton balls.
10. Smoking should be strictly avoided because it interferes with the blood supply to the healing tissues and hinders healing. Alcohol consumption should also be eliminated because this can thin the blood and result in bleeding.
11. It is not unusual to feel a bit depressed for a few days after surgery. This passes quickly as you begin to look and feel better.
12. Swelling can be reduced significantly by having a gentle facial lymphatic drainage massages performed by our skin care staff.
13. Bruising can be decreased by having non invasive laser therapy performed in our office. This helps to break up the bruising faster

YOU CAN EXPECT

- 1) Moderate discomfort-which should be relieved by your pain medication
- 2) Moderate swelling
- 3) Black and blue discoloration
- 4) Some minor bloody drainage at the puncture sites where the fat was injected.

CALL THE OFFICE IF YOU HAVE

- 1) Severe pain not responding to pain medication
- 2) Marked swelling or obviously more swelling on one side than on the other

Patient/Family Signature

Nurse Signature

Ran Y. Rubinstein, MD

Date