

Post Treatment Instructions – Fat Transfer

Maximize your cosmetic results after fat transfer treatment by following these basic post-treatment instructions. Please contact the office with any questions.

General

- Numbness, bruising, slight redness, swelling, tenderness, or itching sensation around the treated area is common.
- No smoking or alcohol, at minimum 24 hours.
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. You will be advised when you may resume taking these medications after the procedure.
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- No herbal medications, supplements, or teas.
 - Increased risk of bleeding includes, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
 - Arnica montana herbal *tablet* may help reduce bruising and swelling

Diet

- No restrictions on specific type of food or drink, except for lip injections then avoid hot food/drink
- Drink plenty of fluids. You may use a straw.
- Do not chew gum.

Activity

- Sleep with your head elevated for the first 48 hours, to help reduce facial swelling
- Do NOT blow nose.
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Do NOT bend over or hang your head down.
- No heavy lifting, straining, or strenuous activity for at least 48 hours.
- Avoid any other facial treatments, including waxing and microdermabrasion for 48 hours.
- Light kissing is permitted.

Treatment Area Care

- Ice over treated area helps reduce facial swelling, but *strictly avoid over stitches*.
- Do not rub the area.
- Gently pat the area dry with a clean towel. Do not rub.
- Avoid direct sun exposure. You may resume sunscreen over the area.
- Keep treated area(s) moist with plain petrolatum jelly (ex. Vaseline, Aquaphor).

Please notify the office if you suffer from cold sores, as cold sores may occur with treatments around the mouth or lips.