



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Facial Fat Injection Post-Operative Instructions

Your First 48 Hours

VERY IMPORTANT: If you have excessive bleeding or pain, call our office at 714-839-8000. If you are unable to reach your physician or his staff, go to the Emergency Room closest to you.

YOUR FIRST 24 HOURS: If you are going home, a family member or friend must drive you because you have been sedated. An adult should stay overnight with you. If you have any questions about these matters, please ask one of our nursing staff.

DRESSINGS: Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so.

ACTIVITY: Take it easy and pamper yourself. Try to avoid any straining. You may go to the bathroom, sit and watch TV, etc., but **NO MATTER HOW GOOD YOU FEEL, DO NOT DO CHORES.** We do not want you to bleed and cause any more swelling and bruising than is unavoidable.

ICE PACKS: Cold or ice packs help to reduce swelling, bruising, and pain. Use a cool compress (washcloth) or crush ice cubes and put the ice into a zip-lock bag. This should help, not hurt. If the ice feels too uncomfortable, don't use it as often.

DIET: If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, call the office. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

SMOKING: Smoking constricts blood flow in your skin leading to poor healing potential. We advise you not to smoke at all during the first 10 days after surgery.

ALCOHOL: Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain medications, as the combination of pain medications and alcohol can be dangerous.

DRIVING: Please don't drive for at least 2 days after general anesthesia or intravenous sedation or while taking prescription pain medications.



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POST OPERATIVE APPOINTMENTS: It is very important that you follow the schedule of appointments we establish after surgery.

Longer Term Postoperative Instructions

ACTIVITY/SPORTS: We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4 weeks. Dr. Tran will give you clearance to increase your activities according to the progress of your recovery.

DRIVING: You may resume driving when you feel you are able, but wait at least 2 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive!

SEXUAL ACTIVITY: You may enjoy sexual activity as your body allows with the following restriction: please reread Activity/Sports above and apply the same concept to sex.

SUN EXPOSURE: If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb — you might not “feel” a sunburn developing!

WORK: Follow whatever plan you and Dr. Tran have agreed upon.

Follow-up

At your pre-operative appointment, our office staff will schedule a follow-up appointment for you within 5-7 days following your procedure. At this appointment, Dr. Tran will check up on the treated area and provide you with further care instructions.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

References:

The Robert Zubowski MD. (2020). *Post operative care: Fat injections*. Retrieved from <https://drzubowski.com/post-operative-care-fat-injections/>