

Post-Operative Care for Fat Injection

At Home After The Procedure:

- Rest with your head elevated on 2 pillows.
- Swelling, bruising and tightness of the treated areas is to be expected.
- Use a cold compress (crushed ice in a zip lock bag), gently placed over treated areas to minimize swelling and bruising.
- Try to minimize movement of the treated sites.
- Take your antibiotic and other medication as directed.
- **DO NOT TAKE** vitamin E, Aspirin or aspirin-like products including Ibuprofen, Advil, Nuprin, Aleve, or Motrin for 3 weeks before and one week after surgery. Please see the complete list of medications to avoid, included in your pre-operative packet.

Follow Up Care:

The treated areas may be swollen and discolored for up to 2-3 weeks after the procedure. The swelling may be more on one side. There may also be some reddening and irregularities of the skin beneath the treated area, and these conditions will improve with time. Avoid rubbing the treated areas for the first 3 weeks after the procedure. Also avoid hard foods or gum chewing for the first three weeks. Keep the compression dressing over the donor site where the fat was removed for as long as instructed.

Follow Up Appointments:

- Within 1-2 days
- One week for suture removal

Reminder: DO NOT TAKE vitamin E, aspirin or aspirin-like products including Ibuprofen, Advil, Nuprin, Aleve, or Motrin for 3 weeks before and one week after surgery.

If you have questions or concerns, please contact us (425.450.0880).
After office hours, please contact Dr. Naficy on his mobile phone.