



Lam Facial Plastics Surgery Center

Discharge Instructions – Fat Transfer to Face and/or Hands

Please keep in mind following your procedure it will take time to heal. Try not to be overly critical of your body and allow it time to heal. It is important to remember that it may take 2-3 weeks until you have healed to the point it is not noticeable so please keep this in mind when scheduling if you have any upcoming social or professional engagements that you must attend. The following are normal during your recovery period:

- Bruising, swelling and mild discomfort in both the face and the part of the body the fat was removed from for transfer. These symptoms may increase and peak around day 3 after surgery. This will gradually resolve over a period of several days to weeks.
- Pressure and tightness in your face, jaw and chin area.
- One side of the face may be more swollen or lumpy than the other side. Swelling resolves unevenly and you may notice this for several weeks after surgery but it will resolve over time.
- It may be difficult to smile and your lips may appear small due to the fact that your face is swollen.
- Lumps may be present around your eyes and face.
- It is possible to notice ongoing changes for up to a year after surgery. This does not mean that the fat is going away. Follow-up and discuss with Dr. Lam if there is a concern with the changes.
- You should avoid any significant weight gain or loss of greater than 20 pounds or more as this may result in your face appearing larger than expected.

Please follow these instructions carefully to reduce swelling and bruising as well as improve your overall outcome:

- Keep your head elevated for 2 days following your surgery. You may sleep with at least two pillows under your head (use a dark colored towel to protect your pillow) or you may sleep in a recliner (a travel pillow will help support your neck if you choose this method). Please use whichever method is most comfortable to you but do try to sleep on your back.
- Apply ice to the surgical site for the first 2-3 days after your procedure. Use in 20 minute increments, meaning on for 20 minutes and then off for at least 20 minutes while you are awake. Leaving on long than 20 minutes at a time could injure your skin/tissues. Always use a barrier such as gauze or a clean wash cloth between the ice pack and your skin. You may also use ice to the harvest sites to help with discomfort.
- You may shower 24 hours after surgery. You can resume your normal facial care routine and wear make-up at this point as well.
- Remove dressing from your donor/harvest sites (abdomen/thighs or buttocks) 24 hours after surgery and clean with antibacterial soap and water. You may use Band-Aids until healed if desired. Always keep dressing clean and dry.
- No swimming for 3 months to avoid infection.

- Avoid strenuous activity for 3-4 days. You may slowly begin increasing exercise activity, starting with walking, the day after your surgery. Listen to your body and increase activity as tolerated.

- **If you notice yellow/green drainage, pus filled bumps, fever over 100.4, severe pain or bleeding that isn't controlled with 5 minutes of light pressure, please notify our office immediately.**

If you have any questions or concerns, please call Dr. Lam at:

Monday – Friday, 8:30am – 4:30pm

Office: 972-312-8188

After Hours

Answering Service: 972-280-7461

Patient Signature: _____ Date & Time: _____

Witness Signature: _____ Date & Time: _____