



ABSOLUTE COSMETIC MEDICINE

Fat Transfer - Post Procedure Instructions

Please read these instructions carefully:

Medications

Take prescribed antibiotics – 1 tablet 3 times per day with food until the pack is finished. If anti viral medication required, take as directed by physician.

Dressings

You will have small incisions in your thigh or abdomen, which are covered with a dressing. They may discharge fluid for 3 – 4 days.

If you have tape on your face this should stay on for 3 – 4 days. On the 4th day you may remove it yourself. The small incisions made when the fat was transferred should be almost healed by this time.

Sleep on an extra pillow semi upright, ice for 1 –2 days. Lasonil cream can be used if swollen.

Bicycle Pants

Wearing these will make the donor fat area more comfortable and provide a pressure bandage effect. You will get greatest benefit from wearing these day and night for 2 weeks. They can be removed for showering.

Movement

Try to keep movement in the area of the transplant to a minimum for 3-4days. Avoid excessive talking, laughing, smoking etc. If smile lines have been treated it is very important not to roll on your side or face. Avoid strenuous activity for at least a week following the procedure.

Comfort

If lips have been treated they will most likely feel very dry. Use a lip balm or moisturiser to prevent cracking and peeling.

Swelling is to be expected after the fat transfer procedure. Some patients find it more comfortable to sleep with head slightly elevated for the first couple of nights. (be sure not to roll on to face or side).

After 4 days your normal skin care regimen can be continued if using AHA products or retin A products.

Your follow-up appointment is on At

With

If you have any concerns following your procedure please call Absolute Cosmetic Medicine immediately on 9389 9099, 0412 366 872 or 0413 835 867. Please do not be distressed by the initial swelling - this will settle. Report any redness, heat, extreme swelling and purulent discharge immediately.