

## PRE & POST OPERATIVE INSTRUCTIONS FOR FACIAL FAT GRAFTING

**Head Position:** Try to maintain head elevation at an angle of 15 to 30 degrees (using two pillows) whenever lying down for the first 3-5 days following your procedure or per Dr. Sadati's instructions. The use of a recliner chair for sleeping is ideal for the first three nights. To keep swelling down, you need to maintain your head above your chest level.

**NO ICE:** You will not be icing. **NO PRESSURE APPLIED TO THE FACE.**

**Medication:** Take all prescribed medications as directed. Narcotic pain medications should be taken if absolutely needed, and should be taken with a light meal. **Tylenol is okay to take right after surgery**, but please **do not take any Advil, Motrin or Aspirin products until after the first week.** A week after surgery and suture removal, you may take Advil for pain which will also help in reducing any swelling.

**Caffeine and Alcohol:** **No caffeine** on day of your procedure and limit alcohol (see list)

**Bathing:** It's permissible to wash your hair (gently) in the shower the day after your procedure.

**Smoking:** Smoking will delay your ability to heal. You should not smoke 3 weeks before and 3 weeks after your surgery, as it will hinder your circulation and wound healing abilities. **Nicotine patches are OK to use** up to two days before surgery.

**Sun:** Always protect your facial skin and suture lines from excessive sun exposure for at least one month after surgery. Use Sun Protection Factor (SPF) 30 or greater. Wear a hat as needed for additional protection.

**Bleeding:** A small amount of oozing from your incision is normal within the first 48 hours. Excessive bleeding or swelling must be reported to us immediately.

**Activity/Work:** Light activity is encouraged (walking) starting the second day. Avoid bending over or lifting heavy objects for two weeks. Strenuous activities should be avoided for the first 3 weeks. If you are unsure of what you may or may not do, please call our office.

**If you are experiencing any of the symptoms below, please call our office: Excessive pain or bleeding/Rash/Fever above 100 degrees/Excessive swelling/bruising/fatigue or depression. Please call our office at 949-706-7776 if you need to speak to us during business hours or after hours. If it is after business hours, our service will contact Dr. Sadati for you. Thank you.**