

FACIAL FAT GRAFTING POST-OPERATIVE INSTRUCTIONS

Supplies to have at home before surgery:

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)

Activity:

- Keep your head elevated to decrease swelling. This can mean sleeping in a lazy-boy recliner or with at least 2 pillows while in bed.
- Keeping your head elevated will ensure that the swelling decreases as quickly as possible
- Avoid excessive physical activity, bending over, or lifting objects greater than 10 lbs
- Do not apply ice packs or cold compresses to your face as it may lead to loss of the fat grafts
- Don't sleep with pets in bed for the first week after surgery
- Avoid smoking or exposure to second-hand smoke
- You may shower 24 hours after surgery. Remove your garment and the liposuction pad dressings before showering.
- Your liposuction garment should be worn for 23 hours daily, with two 30 minute breaks each day
- The liposuction garment is to be worn for 4 weeks after surgery
- No baths, swimming, or hot tubs for four weeks after surgery

Medications:

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**
- Antibiotic (cephalexin or clindamycin) is to be started the morning after surgery until completed
- Resuming blood thinner medications should be discussed with your surgeon before starting them post-operatively

- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

Wound Care:

- A small amount of bleeding from the facial incisions for the first 1-2 days after surgery is normal
- Liposuction dressings can be changed as needed in the first 48 hours after surgery. It is normal to have some drainage from these sites during this time.
- Any dried blood along the facial incision lines can be safely removed with the use of a Q-tip dipped in hydrogen peroxide or warm water. This can be done twice a day, followed with a thin application of Polysporin to the incision line.
- Do not continue to apply Polysporin to the incision line daily past 1 week. This can result in a rash or allergic reaction.

First Post-operative Appointment:

- All sutures will be removed at this appointment
- There may be a significant amount of bruising in the face and at the liposuction areas at this point

Recovery:

- Scar massage with moisturizer can begin after suture removal
- Make-up can be applied 1-2 weeks after surgery
- Bruising can last 2 weeks after surgery
- Sunscreen is extremely important. The use of SPF 45 or higher along the incision line will prevent pigment changes due to sun exposure. This can be started 2-3 weeks after surgery.

RED FLAG SYMPTOMS:

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Increasing pain, redness, foul odour or drainage from the incision
- Sudden increase in swelling in the cheek, jawline or neck
- Fever exceeding 38.3°C
- Excessive bleeding
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg

- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

Do not hesitate to call with any questions or concerns.

Clinic business hours (9AM to 4 PM): 613-595-1880

After hours: 613-219-9636 (Dr. MacArthur Cell)

Patient signature: _____

Date: _____

RN signature: _____

Date: _____