



## **Nano Fat Transfer Post Care Instructions**

\* YOU MUST HAVE A RESPONSIBLE ADULT DRIVE YOU HOME AND REMAIN WITH YOU FOR THE NEXT 24 HOURS. IF YOU CANNOT ARRANGE FOR THIS, PLEASE INFORM US IMMEDIATELY SO THAT WE CAN MAKE THESE ARRANGEMENTS FOR YOU.

\* Elevate your head and sleep on your back the first few nights. While resting in bed, do leg exercises to prevent blood clots.

\* Use artificial tears as needed if your eyes are irritated or become dry. If you notice any redness or discharge from the eyes, please contact the office.

\* Start with small, bland meals as tolerated. Avoid carbonated beverages, spices, dairy, and citrus at first to avoid nausea. Avoid high sodium to avoid swelling. Keep well hydrated.

\* Stay on top of your pain control. Take pain medication as directed with food to prevent nausea. Pain medication may cause constipation. Do not drink alcohol or drive while taking pain medication.

\* DO NOT SMOKE. Smoking has been proven to impair healing and fat graft survival.

\* You will have small puncture sites from the fat grafting after surgery. It is OK if they get wet in the shower; simply "pat" them dry gently and apply a thin film of antibiotic ointment for the next 2 days.

\* If you normally wear corrective lenses, use only eyeglasses until instructed.

\* It is normal to have some mild bloody drainage from the incisions for the first 24 hours and some bruising and swelling for the first 10 days to 2 weeks after surgery. This may affect how your facial muscles function, and it may limit your vision or alter your facial expression. If you have any limitation in your vision, you should not drive a vehicle or operate machinery.

\* Do no bending over or do any heavy lifting or aerobic activity for 4-6 weeks, and no lifting over 15 pounds for six weeks. No hot tubs or soaking in bathtubs or swimming until wounds are healed. Avoid sun exposure on incisions.

\* Please schedule your post-operative appointment.

\* If you experience fever, chills, bleeding, develop calf pain, chest pain or sudden shortness of breath, unusual swelling or bruising, or unrelenting pain; it is important to call the office at 703-893-3937 and follow the prompts to reach the doctor on call.

