



AUTOLOGOUS FAT TRANSPLANTATION POST-OPERATIVE INSTRUCTIONS

1. Take your antibiotics, antivirals, and pain medication as directed.
2. Leave the tape in place until your first post operative appointment. It helps splint the tissues.
3. Keep your head elevated and reduce your activity.
4. You may use ice packs as needed to reduce your swelling. (Frozen peas or crushed ice mold well to the contours of the face). Don't give yourself frostbite! Your skin is likely to become a little numb, so use the ice 20 minutes on and 20 minutes off.
5. As you heal, try not to move your facial muscles much.
6. Watch for redness, fever, chills, and flu-like symptoms.
7. Don't drive while taking your narcotics.
8. Please do not hesitate to call Dr. Westawski at any time with any questions you might have.
9. Return for your first Post-Operative visit in about 3 days, you should schedule this at your Pre-Operative Appointment.

Date of 1st Post-Operative Appointment _____