



THE FEW INSTITUTE
for AESTHETIC PLASTIC SURGERY

POST-TREATMENT INSTRUCTIONS: AUTOLOGOUS FAT INJECTIONS

Once your surgery is completed, you must follow all of the instructions given to you in order to heal properly and have a good outcome.

FOLLOWING YOUR TREATMENT:

- If your injections are facial, do not bend over or lay flat following treatment. This may increase any swelling you may experience. Sleep with your head elevated for the first 3-5 days following treatment.
- If your lips have been injected, avoid pursing your lips for the first few days after injection. This means sipping from a cup rather than a straw, and no pursing a cigarette.
- While rest is important in the early stages of healing, equally important is that you are ambulatory. Spend 10 minutes every 2 hours engaged in light walking as you recover.
- Keep your injection and donor sites clean. Injection sites may seep fluid and blood for a short time after surgery. A cotton swab or gauze soaked in warm water is appropriate for cleansing.
- **Do not smoke.** Smoking can greatly impair your ability to heal following treatment.
- Protect treated areas from sun exposure. It is important to wear an SPF of 20 or higher on treated areas that will be exposed to the sun.

THE FOLLOWING ARE NORMAL EXPERIENCES POST TREATMENT:

- Tenderness or bruising at the injection site, which may last one week or more.
- Redness and swelling is possible and may take 2 to 4 weeks to resolve.
- Asymmetry is possible: Opposite sides of your face, and different facial regions may react differently to treatment, resulting in asymmetrical bruising and swelling. This is normal. If asymmetry is severe, is accompanied by acute localized pain, or does not self correct within 7-10 days following your injection, please contact our office.
- You may also experience mild tenderness, swelling, bruising or discomfort at the donor site where fat was extracted.

To contact Dr. Few after hours, please dial 312-202-0882