

# Fat Grafting

## Post-Surgery Precautions

✉ WhatsApp



### Position

- For the first week after surgery, keep your upper body elevated so that your head is higher than your heart. This helps swelling subside more quickly.
- During the first week, sleep on your back with a pillow placed between your back and neck so that your face stays facing upward. After 1 week, you may sleep on your side.

### Diet

- Six hours after surgery, you may start drinking water. If there is no discomfort, begin with soft foods such as porridge, steamed egg, tofu, fish cake, or finely chopped side dishes.
- From the next day after surgery, you may resume a normal diet.

### Swelling

- Swelling and bruising usually peak within the first 3 days, then gradually improve over 2–4 weeks depending on the individual.
- Walking helps circulation and recovery. From Day 4, begin light walking, but avoid brisk or strenuous walking that causes shortness of breath. Slow, longer walks are most helpful.

### Wound Care

- If you have stitches, sutures are usually removed after 5–7 days for the face, and after 10–14 days for the thigh or groin (donor areas).

### Washing & Hygiene

- Washing your face, showering, and wearing makeup are allowed from Day 3.
- Be gentle when washing your face—do not rub the grafted area with pressure, as this can alter the shape of the transplanted fat.
- Avoid saunas for 1 month after surgery.

### Exercise

- Normal daily activities are possible after 1 week.
- Light exercise can be resumed 2–3 weeks after surgery.
- Strenuous exercise can be resumed after 1 month.

✉ Please note that individual recovery may vary, and the guidance provided by your medical team may differ from the instructions above.

# Fat Grafting

## Post-Surgery Precautions

※ WhatsApp



### Medication

- Take the prescribed medications at the designated times. If you develop diarrhea, rash, or other abnormal reactions, contact the clinic immediately.
- Do not take Aspirin or Vitamin E for 1 week after surgery, as they may increase the risk of bleeding.

### Alcohol & Smoking

- Avoid alcohol and smoking for 1 month after surgery, as they can increase the risk of bleeding, infection, and delayed healing.

### Recovery & Additional Notes

- To maximize graft survival, avoid massage, pressure, or excessive movement of the treated area for 1 month after surgery.
- For the best fat survival rate, maintain sufficient nutrition and avoid dieting for 3 months after surgery. Weight loss can reduce graft survival.
- Avoid bumping or pressing the grafted area, even during sleep, to prevent damage.

### Emergency Situations

- If you notice skin color changes, severe pain, or sudden swelling within 48 hours after surgery, contact the clinic immediately.

※ Please note that individual recovery may vary, and the guidance provided by your medical team may differ from the instructions above.