

# Fat Grafting Post-Operative Precautions

- You may **drink water 6 hours after surgery**. If you do not feel any discomfort, begin with **thin rice gruel or porridge**, then move on to **soft foods** such as soft bread, tofu, fish cake, and steamed egg. **Spicy or strongly seasoned foods should be avoided for 2 weeks.**
- From the day after surgery, you may resume a normal diet.
- If stitches are present, they are usually **removed after 5 to 7 days for the face and after 14 days for the thigh or groin area**. You may wash your face with water starting **1 day after** stitch removal, and from **2 days after** stitch removal, you may use soap, shampoo your hair, and wear makeup except on the surgical area.
- Until the stitches and tape are removed, you may **only shower below the face**. For the rest of the face, excluding the incision area, please wipe gently with facial cleansing wipes.
- If there are no stitches, you may **wash your face, shower, and wear makeup starting 3 days after surgery**. However, **this may affect the shape of the grafted fat, so please be as gentle and careful as possible.**
- To improve fat graft survival, **please avoid massage, pressure, impact, and excessive movement for 1 month.**
- For 3 months after surgery, please maintain adequate nutrition and avoid **dieting**. Weight loss may reduce the survival rate of the grafted fat.
- For 1 month after surgery, **please be careful not to put pressure on the grafted area while sleeping.**
- Sauna use is allowed starting 1 month after surgery.

## General Post-Operative Care Instructions

- **Alcohol and smoking are strictly prohibited for 1 month** after surgery, as they may **cause bleeding and inflammation**.
- Apply **cold compresses for the first 3 days** after surgery. **Starting from day 4, use warm compresses for up to 1 month** to help reduce swelling and bruising.
- **Walking is very helpful for reducing swelling. Regular exercise may be resumed 1 month after surgery.**
- Avoid bending your head downward after surgery. **For the first week, sleeping on your back with your upper body elevated** will help reduce swelling. If sleeping too upright feels uncomfortable, adjust the elevation to a level that is comfortable for you.
- **Swelling and bruising usually worsen gradually during the first 3 days after surgery**, then slowly improve over the following 2 to 4 weeks. Recovery may vary depending on individual factors such as environment, diet, blood circulation, skin type, and post-operative care.
- **Do not take aspirin or vitamin E** for 1 week after surgery, as they **may increase the risk of bleeding**.
- Please take all prescribed medications regularly and on time after discharge. If you develop symptoms such as diarrhea or hives after taking the medication, please contact the clinic.
- If you experience sudden severe swelling, warmth, pain, or changes in skin color, please contact the clinic immediately.



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