

- 01** Swelling and bruising can be noticed for 7 days postop and they will gradually go away.
- 02** Do not push against the surgical site, massage or place the icepack on surgical site. This may drastically decrease the fat survival rate and may lead the relocation of grafted fat.
- 03** Washing face is possible after the day of stitch removal; you may wash your face and wear makeup from 2-3 days postop if there are no stitches.
- 04** It takes around 3 month for the grafted fat to be settled; hence, the face can look puffed up during this phase and the look of your face at this stage should not be considered as end result.
- 05** Do not lose any weight after surgery as the grafted fat will also be lost with overall weight loss.
- 06** Weight lifting, running and such activities except for a walk should be resumed from 4 weeks postop.
- 07** Quick shower can be cone after the day of stitch removal(except for surgical site); however, taking a bath, going to sauna and hot spring should be done from 4 weeks postop.
- 08** Do not bow your head or lie face downwards.
- 09** When sleeping, using soft pillow to minimize swelling and bruising. Make sure your neck is not bent from the pillow and sleep straight up.
- 10** Only pain killers and antibiotics prescribed by the hospital need to be taken. If necessary, you can additionally take Tylenol which does not contain Aspirin.
Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 11** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can damage/necrotize skin or postpone wound recovery as it contracts vessels.
- 12** In case of emergency or any questions, please contact (+82-10-7156-6546)

※ Please re-visit for touch up session within 3 month after the 1st session of fat grafting. Fat will be re-extracted after 3 months; thus, additional fee for anesthesia will occur.