

# STEPHEN EVANGELISTI, M.D.

*Aesthetic and Reconstructive Surgery*

## POST-OPERATIVE INSTRUCTIONS FOR FAT GRAFTING

### Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **Narcotic Pain medications may cause constipation. To prevent constipation, you may begin an over the counter stool softener (i.e. Colace). If you experience Constipation, Magnesium Citrate will help alleviate discomfort, (1-2) bottles for relief.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is **only** required if directed by this office.
- **DO NOT take any of the following medications for 1 week after your surgery:** Advil, Motrin, Ibuprofen, Aleve or any medications that contain those products.
- If you choose not to take the narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take for the first week.

### Dressings/Bandages

- There will be tiny oval Band-Aids on the cheeks and on the hairline where the puncture sites were located to inject the fat. These Band-Aids can be removed the next day and do not need to be replaced.

### Drainage

- Expect 36-48 hours of drainage that is thin and red in nature from the area where we took fat from. Infection in the donor or graft sites is rare.

### Nicotine

- To maximize the take of fat grafts please do not use any nicotine containing products for three full weeks.

### Pain/Discomfort

- You may apply cool compresses, but **do not** place them firmly against the face. Grafted fat can be moved from where it was placed with pressure for 4-5 days after surgery.

### Showering

- You may shower however, **do not** allow hot water against the face for the first week.

### Makeup

- Makeup can be used approximately 3 days following surgery. This can help cover any redness or discoloration of the skin around the eye area. Bruising may be apparent for a period of 1-3 weeks.

### Driving/Lifting/Exercise

- You may drive as long as you **are not** taking narcotic pain medication.
- Walking is encouraged post operative
- Avoid heavy lifting and strenuous activity/workouts for 4 weeks.

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