

Autogenous Fat Injections

Charleston Plastic Surgery

You have undergone major surgery. For a speedier recovery, please follow these instructions:

- Fat injections using the patient's own tissue has become a popular technique in lip rejuvenation and a permanent alternative to the use of artificial fillers.
- The operation involves harvesting fat from the abdomen, neck, hips or gluteal area. This is then reinjected through a syringe into the lips, nasolabial folds or other parts of the body.
- Swelling is severe for *at least five days* but this dissipates usually within 1-2 weeks. Approximately 10-15% of the fat is permanent. Asymmetry may also occur. This is reversible and will usually resolve on its own.
- Bruising is to be expected for about *one week*.
- Post-Operative prescriptions will be filled and ready for you to take home the day of surgery. Please review the pharmacist's printed instructions as well as potential adverse reactions.
- COLD COMPRESSES: You will need to use a cold compress for the first 24 hours after surgery. You may use a gel pad or a bag of frozen peas. This will help decrease the swelling and bruising.
- WARM COMPRESSES: Warm will be started 48 hours following surgery to decrease bruising and swelling. You may wet a wash cloth, wring it out as much as possible and heat it in the microwave for approximately 1.5 minutes. *Please test the wash cloth on your wrist to make sure it is not too hot to burn your face.*
- COMPLICATIONS: If you have any additional questions, please call our office for advice: 843-722-1985
- You can expect the site to feel firm or knobby for several months. This will not likely be visible. We will start massaging these bumps approximately one week post-operatively. Do NOT massage until instructed to do so.
- You will be given further instructions at your first post-operative visit.