



## **Postoperative Care and Precautions for Facial Fat Grafting**

1. Within two weeks after the facial fat grafting surgery, you should avoid excessive pulling and movement of the area to prevent damage to newly formed blood vessels. When washing your face, be gentle and avoid rubbing or pressing on the grafted area to allow blood vessels to grow smoothly.
2. The swelling period usually lasts for 1-2 weeks, during which the injected fat will be absorbed (approximately 30-50%).
3. Avoid using hot springs, saunas, or steam rooms within two weeks after the surgery.
4. No special cold or hot compress is required for the fat grafting area. You can resume normal daily activities.
5. If the fat grafting area includes the temples, chin, lips, philtrum, nasolabial folds, and cheeks, you should consume mainly liquid or soft protein-based food for the first three days after the surgery. For example, milk, soy milk, rice milk, porridge, etc. Avoid laughing and strenuous chewing movements.
6. If the fat grafting area includes the temples, some people may experience headaches due to swelling and compression of the temporal nerve, which is normal and will improve within a week.
7. Avoid consuming alcohol and spicy foods, and quit smoking (including second-hand smoke) and avoid staying up late.
8. If the abdomen or thighs are treated with liposuction, the compression garment should be worn for 1-2 weeks (depending on the situation). When taking a shower, remove the compression garment and put it back on after showering to reduce bruising and swelling.
9. Keep the sutured area on the abdomen dry. You can use waterproof tape to



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cover it while showering. If the gauze becomes wet, replace it to keep it dry.

10. After liposuction, the treated area should be elevated as much as possible to facilitate blood flow and reduce swelling.
11. Around 5-7 days after the liposuction, when the pain is tolerable, you can start massaging the treated area as instructed by the doctor. Massage can help reduce uneven skin surface caused by the liposuction.
12. Swelling, bruising, and soreness are normal after liposuction. Most bruising will disappear gradually. It takes about 1-2 months for the swelling to subside. During this period, it is best to rest and avoid bleeding after the surgery.