

Fat Grafting

What Is Facial Fat Grafting?

Facial fat grafting (also called fat transfer) is a procedure that restores volume to the face using your body's own fat. Fat is gently removed from an area such as the abdomen, flanks, or thighs, purified, and then carefully injected into areas of the face that have lost volume.

POST-OPERATIVE INSTRUCTIONS

Immediately After Surgery

- You must have a responsible adult drive you home.
- Rest with your head elevated at all times.
- Apply cold compresses (20 minutes on / 20 minutes off) for the first 48 hours.

Swelling & Bruising

- Swelling is expected and may peak between days 3–5.
- Keep your head elevated, even while sleeping (2–3 pillows).
- Avoid bending forward or heavy lifting.
- Do not massage treated areas unless instructed.
- Final results are visible after swelling resolves (3–6 months).

Activity Restrictions

- First 48 hours: Rest quietly. Short walks encouraged.
- Weeks 1–2: Avoid strenuous activity and heavy lifting.
- After 2–3 weeks: Gradually resume normal activity as tolerated.

Donor Site Care

- Keep small liposuction sites clean and dry.
- Shower after 24–48 hours unless instructed otherwise.
- Wear compression garments if provided.
- Mild soreness or bruising is normal.

Medications

- Take prescribed pain medication as needed.
- Avoid aspirin, ibuprofen, and blood-thinning supplements unless approved.

Call the Office Immediately If You Experience:

- Sudden severe pain
- Rapid increase in swelling on one side
- Vision changes
- Fever over 101°F
- Drainage with foul odor
- Shortness of breath
- Severe redness or warmth

Long-Term Healing

Approximately 40–70% of transferred fat typically survives. Final results take 3–6 months. A second session may be recommended.