Ira L. Savetsky, MD
Plastic Surgery Recovery Guide
Fat Transer



We are honored that you have chosen Dr. Savetsky. Our Goal is to provide you with a safe experience and beautiful, natural results. Please follow the instructions in this guide to help ensure a smooth recovery.

Included in this Recovery Guide

This recovery Guide is broken up into sections to take you through all the information you will need for your procedure. Please read through all the information carefully and remember to call or email our office with any questions or concerns.

- **Prescriptions you will receive before your procedure**
- **Supplies You Will Need**
- **Before Your Procedure**
- **Facial Fat Grafting After Care Instructions**
- **Office Contact Information**



Remember: Everyone heals differently and at different speeds! Be patient with your body throughout the healing process and follow the recovery instructions. We are here for you every step of the way!

Prescriptions You Will Receive Before Your Procedure



Before your procedure, you will provide our office with your pharmacy information, and we will call these prescriptions in for you please pick them up and bring them with you to our office the day of your procedure.

- **Cefadroxil (Duricef) 500 mg:** bring this prescription to your appointment with you and take it as instructed by Dr. Savetsky.
- **Diazepam (Valium) 5 mg:** once you arrive at our office for your procedure and we go over everything, you will then take this medication before your procedure.
- **Acetaminophen (Tylenol):** once you arrive at our office for your procedure, you will take this over-the-counter pain medication for mild pain.
- **Mupirocin (Bactroban) Ointment:** this is a topical antibiotic ointment; you will apply this to the suture and line using a cotton swab (Q-tip) twice daily.

Supplies You Will Need



Please have the following items available to you before your procedure.

- A tight compression pants such as Spanx or leggings

FACIAL FAT TRANSFER (FACIAL FAT GRAFTING) AFTER CARE INSTRUCTIONS

- After surgery, it is best for you to keep your head elevated on a wedge headrest at a 45° angle when in bed.
- If you have discomfort, take Tylenol. It is best to take Tylenol with food in your stomach. If you are not experiencing discomfort, then no need to take Tylenol.
- You can expect some mild bleeding from the cannula entrance sites and bruising and swelling of the grafted areas. However, you should call the office if you have a continuous bloody drip, significantly more bruising or swelling on one side than the other, or any severe eye pain or changes to your vision.
- Apply mupirocin ointment to the donor site incisions and to the cannula entrance sites twice daily until healed. The sutures on your donor sites are dissolvable and will fall off on their own over time, usually around a week after surgery.
- On the 2nd day after surgery, you can begin washing your face gently with a mild cleanser (such as Cetaphil or CeraVe) and rinse with water. You may also shower and wash your donor sites, but avoid submerging these in a bath until healed.
- Strenuous activities should be avoided for at least 2 full weeks (keep your heart rate under 100 beats per minute, do not bend at the waist, and do not lift anything greater than 10 pounds). After the 2nd week, you may gradually increase your activities so you are back to normal by the end of the 4th week.
- Swelling is normal after facial fat transfer surgery and will subside over days to weeks.
- Do not resume any active skin care until 10 days after your procedure.

FACIAL FAT TRANSFER (FACIAL FAT GRAFTING) AFTER CARE INSTRUCTIONS: Continued

- It is helpful to wear gentle compression, such as Spanx or bicycle shorts, or leggings over the donor sites to reduce bruising and swelling for two weeks after the procedure.
- Cosmetics can be worn 48 hours after your procedure as long as the cannula sites are healed over. Take care not to remove the scabs.
- All skin will be extremely sensitive to sunlight during the healing phase. Direct sun is to be avoided. Large hats and sunglasses are helpful.
- Please take medications only as directed by Dr. Savestky.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.
- If you develop a fever (oral temperature greater than 101°) and/or have redness or increased pain at the site of your surgical incisions, please call Dr. Savetsky's cell phone immediately at 516-319-1243.
- It is important to be seen by Dr. Savetsky for your initial post-op checks. Call to schedule your appointments at 737 Park Avenue, Suite 1C, at 212-300-9863 between 9:00 am and 5:00 pm.