

# THE FIRST GLANCE

## FAT TRANSFER TO FACE POST OP INSTRUCTIONS

### Supplies to have at home:

- Your prescription medications
- Gravol
- Stool softener (ie: Restorolax/Lax-a-Day/Senokot). *\*\*start if no BM for 2 days*
- Reactine (anti-histamine to help with itchiness associated with medications or wound healing) - Polysporin Original ointment - Kotex pads or gauze, band-aids

### Prior to your surgery:

Arnica Montana is a herbal supplement that you may be given prior to your surgery to help reduce bruising. If this was provided to you, take 5 tablets three times per day (morning, noon, and night). Ideally, start this 4 days prior to your procedure and you may continue taking after your surgery until signs of bruising diminish.

### Wound Care:

On the face, there may be small sutures present where the fat was injected through. These sutures will need to be removed in 5 to 7 days.

Apply polysporin twice daily to all incision sites.

After 48 hours you may get the incisions wet in the shower. Make sure to let the polysporin rinse off completely, otherwise it will crust and this can be irritating. Pat the area dry, but do not rub.

### Comfort:

Take all medications as prescribed, ensure you finish your entire course of antibiotics even if you do not experience any signs of infection. Follow all instructions which may accompany the medications such as: taking with food, avoiding alcohol and driving restrictions.

Generally, fat transfer to the face is not overly painful. Take extra strength tylenol as needed to help with pain. You may find this does not eliminate your discomfort 100%, but you will feel more comfortable. Pain is expected, the goal is to make the pain tolerable. If you are having more significant pain, contact Dr. Brichacek and a stronger medication can be phoned in for you.

**DO NOT APPLY ICE OR COLD COMPRESSES TO YOUR FACE as this will compromise your results.**

### Dressings:

Drainage of excess fluid is normal after liposuction for approximately 24-48 hours post surgery. Have Kotex pads or thick gauze at home to change dressings. Wear clothing that you do not mind soiling. Please continue to keep incisions covered for 2 weeks with regular Band-aids, or clean pantyliners, changing these daily.

# THE FIRST GLANCE

After the first day, if there is no further drainage you may use regular Band-aids over the incision sites.

Bruising tends to last about 2 weeks. Swelling can be significant and can take up to 6-8 weeks to subside and up to 10 months for the final result to show. Swelling can increase during your menstrual cycle from intraoperative fluid injections.

## **Daily Activities:**

Recovery varies in individuals. Most individuals feel uncomfortable for the first couple of days and depending on their occupation and extent of the surgery can return to work 1 to 2 weeks post-operatively.

You may start walking the day following your surgery. Light exercise can usually begin 1 week after surgery and more strenuous exercise 3 weeks post-operatively.

Do not bend with your head lower than heart level, this will increase potential swelling/bleeding. When putting on shoes/socks bring your foot up to reach it. When picking something up from the ground, bend at the knees to pick it up.

\*Do not sleep with pets in the bed to avoid infection

\*No baths, hot tubs, swimming pools, or swimming in lake water for 4 weeks or until your incisions are fully healed in order to avoid infection

\*Avoid exposure to second-hand smoke for at least the first few weeks after surgery

**Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.**

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

## Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

# THE FIRST GLANCE

## After Hour Care

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.

If there is a concern about your surgery or your healing please call The First Glance Clinic at 204-885-1419.

**Evenings and Weekends or in case of emergency please call Dr. Brichacek at 204-898-9933**