

# Post-op Precautions

## Fat Grafting

- Fat grafting is a procedure where fat tissue and fat cells are harvested from one part of the body and transplanted to another. After surgery, it is important to ensure proper nutrition, rest, mental relaxation, and to avoid movement or pressure on the treated area. This helps increase fat survival and reduce absorption.
- Smoking decreases fat survival, so you must refrain from smoking for about 2 months after surgery.
- Stitches at the fat harvesting site are usually removed after 7–14 days.
- After stitch removal, you may take a bath starting from the 2nd day. (If the wound is protected with waterproof tape, a light shower is possible even before stitches are removed. After showering, carefully remove the waterproof tape from the suture site and dry it well with cool air.)
- Swelling and bruising of the grafted area usually subside within 1–2 weeks.
- The transplanted fat fully stabilizes, and results can be properly evaluated after about 1.5–2 months.
- Temporary acne-like skin trouble may occur in the grafted area, but it usually disappears if there is no secondary infection. (If acne appears, you may visit the clinic for prescription medication.)
- Within 1–3 months, your progress will be evaluated, and if necessary, a second injection may be performed.
- In the case of a second fat injection, swelling and bruising are usually milder and recovery is faster compared to the first procedure.
- Stored fat can be used for the second injection only within 3 months.
- Fat stored for more than 3 months will be discarded, so the second injection must be performed within this period.
- For about 2 weeks, avoid pressing on the grafted area, sleeping face down, or wearing tight hats that may compress the area.
- After fat grafting, your face may look slightly awkward or swollen. The eye area may also swell. Since swelling moves downward due to gravity, your cheeks may look slightly saggy as the swelling subsides.
- The results of fat grafting can be maintained as long as there are no significant changes in weight. However, factors such as nutrition and stress may reduce volume. Conversely, if you gain weight, volume may increase.
- The fat harvesting site may feel hard, lumpy, or uneven for 1–3 months, which is part of the healing process. These symptoms usually improve and soften after 6 months or more.
- Alcohol consumption is strictly prohibited and may only be resumed after 1 month.