



SOLOMON FACIAL PLASTIC

FAT GRAFTING POST-OPERATIVE INSTRUCTIONS

The following post-care instructions are essential to helping you achieve optimal results. Please read our instructions carefully. We encourage you to call or email our office if you have any questions. 905-764-7799 or officestaff.solomon@gmail.com

SWELLING

- Moderate swelling is expected and can make the treatment site look asymmetrical.
- Swelling will subside within the first few weeks.
- Tenderness may last for a few weeks.
- In some cases, a small lump or mass may develop it usually resolves within the first few weeks. We recommend gently massaging it.

ICING

- Icing is not recommended.

MEDICATION

- Begin taking your medication 2-3 hours after returning home, unless otherwise indicated by your discharge nurse.
- Take your anti-biotic and pain medication 2 hours apart to avoid nausea.
- If the pain is mild to moderate, you can take Tylenol or Extra-Strength for pain.
- Be sure to take a pro-biotic when taking your anti-biotic.
- If you develop a rash, stop taking the medication and contact our office.

SLEEPING

- Sleep elevated on 2-3 pillows to minimize swelling.
- Use a travel pillow to prevent rolling over while sleeping.
- Getting a good sleep is essential to healing so be sure to make yourself as comfortable as possible.
- You may want to use an old pillowcase to avoid soiling from blood and ointment.

EATING

- You may eat whatever you like after surgery.
- Yogurt is recommended to replenish the good bacteria in your gut when taking an anti-biotic.

CLEANING

- Only the harvest site requires attention.
- Apply polysporin morning and night for the first week unless it's covered by a clear bandage, do not remove the bandage.
- Do not bathe for 2 weeks.
- You may shower the day after your procedure as long as the incision is covered with a bandage. The incision should be covered for one week when showering.

SUTURES

- Sutures at the harvest site may be removed one week post-op, or they may be dissolvable. Dr. Solomon will indicate after your surgery.

PHYSICAL ACTIVITY

- Do not lift anything over 10 pounds for the first week.

MAKEUP AND SUNSCREEN

- Do not apply make-up to the treatment site for the remainder of the day
- You may apply both makeup and sunscreen the following day.

TRAVEL

- Travel is permitted 48 hours after surgery.
- Dr. Solomon would like to see you in person, or on a virtual call one month post-op if you are travelling home prior. Please schedule the call with our administration staff.

SUPPLIES FOR HOME

- Tylenol, Travel Pillow, Arnica by Sinecch (both sold at our clinic)

IF YOU EXPERIENCE ANY OF THE FOLLOWING

- If you develop a rash, persistent fever, chills or sweating.
- If you notice a foul odour or yellow drainage coming from the incision sites.
- If you experience severe nasal or throat pain, that is *NOT* controlled with Tylenol.
- If you experience persistent bleeding that *does* not lessen or gets worse
- Persistent vomiting and inability to drink liquids for greater than 4 hours.

- Shortness of breath, chest pain, weakness or numbness in the face or limbs.
- Contact Dr. Philip Solomon directly at: info@solomonfacialplastic.com OR call our office: 905-764-7799 OR email our office: officestaff.solomon@gmail.com

IF WE ARE NOT ABLE TO BE REACHED, PLEASE GO TO YOUR NEAREST HOSPITAL EMERGENCY FOR ASSESSMENT

- Please notify our office, of any unexpected admission to the hospital within 10 days of your procedure.