



**Plastic Surgery & Dermatology Associates (PSDA)**

## **Dr Lowe's Patient Instructions for Fat Injections**

1. Fat injections can provide long lasting results if applied appropriately in the right areas.
2. The best results from fat injections occur with multiple treatments (2-3 times).
3. The amount of filler can be altered and applied differently based on your particular response. Unlike other fillers fat may react in unpredictable ways in different areas.
4. Fat injections are not without risks. The harvest and the injection of fat may be painful particularly when performed in the office.
5. The risk of any procedure is bleeding, infection, damage to adjacent structures, pain, scar, need for revision, and anesthetic risks.
6. The particular risks of fat harvest include pain, skin or soft tissue deformity, swelling, fluid collections, blood collections, numbness, scarring, and required revision surgery.
7. The particular risks of fat injection include pain, swelling, allergic reactions, injury to nerves or blood vessels, abnormal absorption, skin or soft tissue deformity, tissue loss, scarring, and required revision surgery.
8. Fat injection results in a local reaction, redness, palpability, numbness and bruising. Areas of concern can be treated with steroids or massage. Surgical correction of palpability or over enhancement may be required.
9. Please inform the physician if any unexpected reactions occur after injection.
10. Significant swelling should be expected in the region for 2-4 weeks and final results may be evident at 3 months.

### **Pre-operative Instructions:**

Fat injection is a surgical procedure regardless of where it is performed. It requires the same precautions as any surgery. Please read the pre-operative instructions sheets that tell you what medications to avoid and when to avoid food and liquids prior to the surgery. Each individual needs to have a compression garment available immediately after surgery for compression on the areas of harvest (i.e. abdomen). Patients going to the operating room will usually have one garment provided as part of the hospital cost. Often fat grafting in the operating room is performed in combination with other procedures and the instruction sheets for those procedures should be read in advance as well.

### **Post-operative Instructions:**

Patients undergoing fat injection will experience significant swelling after surgery. Patients often will require natural tears to keep their eyes moist after surgery during the swelling period. Patients will benefit from ice cloths or gel patches to the injection sites for 24 hours after surgery. Heavy ice packs should be avoided in the head and neck area. Patients undergoing facial injections should keep their heads elevated on two pillows for 5 to 7 days after surgery. All patients undergoing fat injections will require observation by a responsible adult for 24 hours after surgery either at home or in the office. Patients can not operate a vehicle or drive for a minimum of 48 hours after the procedure. Patients undergoing fat injection under local or in the office may not be able to tolerate the procedure in full and may elect to re-schedule the procedure in the operating room with more aggressive anesthesia.