



**POST-OPERATIVE INSTRUCTIONS  
FAT INJECTIONS**

For fat injections, fat is taken from the umbilicus (belly button) and injected into the area to be filled, generally the face. You will have sutures in the belly button area. Clean the sutures with hydrogen peroxide and then apply polysporin ointment twice daily. Sutures will be removed one week after surgery. Please notify the Nurse Practitioner as soon as possible if you experience pain, redness, swelling, or foul drainage from the incision site.

You will be required to wear an abdominal binder or similar compression garment for one week following your procedure to provide compression to the site. It may be removed to perform incision care but then must be replaced. You may develop some bruising along the lower abdominal region from the fat extraction. This will fade over the next 7 to 10 days following your procedure.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_