

Precautions After Fat Grafting

1. Immediately after surgery, bruising and swelling will vary by individual, and the treated area may appear uneven.
2. Swelling usually lasts for about 3–4 days, and you may feel a burning or heated sensation in the surgical area.
3. To improve the survival rate of the fat cells before and after surgery, avoid dieting.
4. For 4 weeks, avoid smoking, drinking alcohol, saunas, hot baths, and strenuous exercise.
5. Be careful not to put excessive pressure on the grafted areas.
6. Typically, some of the transplanted fat may be absorbed within 3–4 weeks. The absorption rate depends on the individual's fat characteristics, the site, and the amount injected. Additional procedures may be required depending on progress.
7. Stitches can be removed after 14 days.
8. It is recommended to shower 3 days after surgery.
 - Before showering, apply a waterproof bandage to the suture area.
 - Remove the bandage immediately after showering and keep the wound area dry.

⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.



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