

***SABRINA A. LAHIRI, M. D.***  
***PLASTIC AND RECONSTRUCTIVE SURGERY***

**PATIENT INSTRUCTIONS FOR FACIAL FAT INJECTION**

**AFTER THE PROCEDURE**

- Do not eat salt/salted foods
- Drink as much water as possible.
- Keep head elevated for the following 24 hours, using two pillows or a recliner.
- Keep area dry.
- Apply ice compress to areas for 24 – 48 hours after the procedure
- If you experience any problems phone the office (281-419-1123).

**For the next 24 hours:**

- DO NOT rub, touch, or press the treated area
- DO NOT apply makeup to treated sites
- DO NOT exercise
- DO NOT smile for 48 hours

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