Fat Grafting
(HERPAGORI)

Post-Operative Precautions & Care

Important



Medication

Strictly follow the prescribed medication regimen as directed by your physician.



Wound Care

Perform daily disinfection as directed.



No Alcohol, No Smoking

Alcohol and smoking are strictly prohibited for at least 2 months after surgery.

Post-Operative Care

Sleeping Position

For 2 months after surgery, avoid sleeping on your side. Sleeping on your stomach is recommended, but lying flat on your back is also acceptable. * For breast fat grafting, always sleep in the supine position.

Sitting and Cushion Use

Use a cushion when sitting. Sitting should be avoided as much as ossible, but if unavoidable, change your position frequently. * This does not apply to breast grafting.

Gafted Area

Do not touch, press, or wear items that place pressure on the grafted area.

Exercise

Light aerobic activity may be resumed 1 month post-surgery. Vigorous exercise is recommended only after 3 months.

Weight Management

Avoid aggressive weight loss for at least 1 month after fat grafting.

This Page

This Page