



GARCIA

↔ FACIAL PLASTIC SURGERY ↔

7807 Baymeadows Road East, Suite 303 Jacksonville, FL 32256

FAT GRAFTING INSTRUCTIONS

1. Sleep elevated for 2 weeks after the procedure.
2. Apply cold compress to the area(s) injected for 3-4 days after procedure. If you have had a chemical peel, do not start cold compresses for 2 hours after surgery.
3. You may take tylenol extra strength if you experience any discomfort.
4. Make sure to stand and walk around every 15 minutes.
5. No strenuous activity (exercise, etc) for 2 weeks.
6. Minimize facial gestures, smiling, talking, chewing for 2 weeks after surgery.
7. If you have any questions, do not hesitate to call the office.

904-203-8282

Person Receiving Instructions:

Person Reviewing Instructions:

Date/Time:
