

## Fat Transfer Post Operative Instructions

These are some guidelines to help you during your recovery. They are not meant to be all-inclusive and you should call the office if you have additional questions or concerns.

1. Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products (including herbals or supplements) to minimize the chance of bleeding during your operation.
2. You will need a family member, spouse, or friend bring you to and from the medical facility. You will not be able to transport yourself home after surgery.
3. The surgery generally takes approximately 1 hour to 2.5 hours to perform. This depends on the number of areas requiring liposuction.
4. Prescriptions for an antibiotic and pain medication will be given prior to your discharge home. Please take the full course of the antibiotic as directed and pain medication as needed.
5. The first post op visit to the office will take place 7-10 days after your procedure. We highly recommend you call the office or have a representative call to make the appointment.
6. When liposuction is used to harvest fat, it can cause a lot of swelling. It may even seem like nothing was done since the removed fat has been replaced with this swelling. It is also common for the swelling to be cyclical - less in the morning and more in the evening. This occurs commonly with increased activity. Do not be alarmed, this is normal.
7. Oozing is normal from the liposuction incision sites for several days. Usually it is a thin bloody fluid. Gauze or Maxi pads can be used to soak up this drainage over the incisions as needed. It is okay to wash them.
8. Bruising, even significant bruising is common around the liposuctioned areas. It is also common for the bruising to settle into areas remote from the liposuction. This typically resolves over 1-3 weeks.
9. Compression garments are placed at the end of the operation to minimize discomfort and swelling, and to help contour the skin. They should be worn snugly and continuously for at least 1-3 weeks. You can purchase new ones through my website if you like.
10. You may sponge bath or shower 24-48 hours after your procedure. You may remove the dressing and support garment/binder. When you take your first shower have someone nearby to help in case you feel dizzy. Using tepid/Luke warm soapy water, allow it to rinse over your body, followed by patting dry the area. Avoid hot or very warm water to prevent engorgement and increase swelling of soft tissues. Replace the binder or garment after bathing. We highly encourage using a support for 3-4 weeks after your procedure. This will help minimize swelling and give your body the support needed to promote the healing process.
11. It is recommended to avoid direct pressure to the buttocks or lateral hip area. It will be uncomfortable and somewhat tender or painful. If possible, sleep on your abdomen or use a pillow under you buttocks to avoid pressure to the area.
12. You may use ice packs (wrapped in moist washcloth or towel) for 15 minutes on and 15 minutes off to reduce swelling and bruising (Frozen vegetables make

- excellent ice packs).
13. Your buttocks will look very full in the first 1-4 weeks following the procedure, however; it will slowly decrease in size over time due to absorption of some of the fat injected. This is the normal process that occurs after fat transfer.
  14. If you experience high fevers (T. 101), excess drainage from the incision(s), excess swelling, redness, pain, or foul odor, please contact the office at (302) 888-0508.