



FAT GRAFTING POST-OPERATIVE INSTRUCTIONS



HOW TO CONTACT US

Blake Hospital Clinic

M-F 8 am- 4:30 pm

941-567-2876

Luminary Office

M-F 8 am- 5:00 pm

941-926-6553

After Hours Answering Service

941-567-2876

WHAT TO EXPECT AT HOME

- It is normal to have pain, bruising, and swelling of the surgical area. Within a few days or weeks, these symptoms will improve.
- You may experience some pain from the liposuction. Please wear your compression garments at all times except for the shower until directed by your surgeon.
- Drainage from the small incisions at the site of liposuction is normal and expected. You may cover the incisions with gauze to capture the drainage.

ACTIVITY

- Try taking short walks as soon as possible to promote blood flow and healing.
- While you are healing, LIMIT your physical activities.
- DO NOT do any heavy lifting or strenuous activity until directed by your surgeon.
- DO NOT drive if you are taking narcotic pain medicines.
- Ask your provider when you can go back to work or start other activities.

SURGICAL SITE CARE

- Check daily for signs of infection (redness, pain, or drainage)
- Please keep compression garments on at all times except for shower. WAIT 48 hours post-surgery to shower.
- Bruising, minimal pain, and some swelling after liposuction is normal. If it seems excessive, please call the office or answering service.
- DO NOT take baths, soak in a hot tub, or go swimming until your surgeon says it is okay.
- There are no specific instructions to care for the area where the fat was placed. Please AVOID any significant manipulation or activity of the area.

OTHER SELF-CARE

- Make sure you eat healthy foods, including lots of fruits and vegetables. Drink plenty of fluids. A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.
- DO NOT drink alcohol while you are taking pain medicines.
- DO NOT take aspirin or ibuprofen until 48-hours after surgery. After the first 48-hours, these medications are preferred to narcotic medications. Ask your surgeon which vitamins, supplements, and other medicines are safe to take.
- DO NOT smoke. Smoking slows healing and increases your risk of complications and infection.

WHEN TO CALL THE DOCTOR

- Increasing pain, redness, swelling, yellow or green drainage, bleeding.
- Side effects from medicines, such as rash, nausea, vomiting, or headache.
- A fever of 100°F (38°C) or higher.

FOLLOW-UP

- You will be seen several days after your surgery to check the incisions and to ensure your progress.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery.