

# Fat Grafting

## Post-Operative Instructions

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### What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

### What should my activity level be?

- Do not drive until you are no longer taking any pain medications (narcotics).
- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Unless stated on this form, discuss your time off work with your surgeon.

### How do I take care of the treated area?

- Wear the compression garment recommended by your provider. The compression is needed in the area where the fat was harvested for 6

weeks post-op or per the surgeon's recommendation.

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on.
- Inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- You may wear makeup with sunblock protection shortly.
- Stay out of the sun until redness and bruising subsides (usually 48 hours).

### **How should I expect to feel?**

- Temporary stinging, throbbing, burning sensation, redness, swelling, bruising, and excess fullness.
- Some swelling, bruising or redness in the donor and recipient sites.
- Swelling and puffiness may last several weeks.
- Redness and bruising usually lasts about 48 hours.

### **How should I expect to look?**

- Improved skin texture.
- Firmer and smoother skin.

### **What follow-up care will I receive?**

- With regular follow-up treatments, you can easily maintain your new look.
- Repeated treatments may be necessary.

### **When should I call my doctor?**

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.

- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- If you have any sign of abscesses, open sores, skin peeling or lumpiness.

### **Who should I call if I have questions?**

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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