

Post-Operative Discharge Instructions- Fat Grafting

Diet:

Resume a healthy diet. Start slow immediately postop (crackers, toast), then work up to more normal foods. It is imperative you continue to eat a healthy diet to protect your results now and long into the future.

It is important to drink plenty of fluids so that you do not become dehydrated.

A higher protein intake is recommended to help your body heal. Consider adding protein bars, powder, or shakes to your daily intake.

Avoid as much salt and sodium as possible as this will cause you to retain more fluid.

Wound Care:

You will have several small incisions where liposuction and fat harvest was performed from. These incisions are sometimes left open to allow the liposuction fluid and medications to drain out so you swell less. This fluid is often watery and bloody. Sometimes only a little fluid will leak out, but other times this can be a lot of fluid. This is all *normal*. We want as much fluid out as possible. This will usually stop in 3-4 days. Wear absorbent pads (chux pads, puppy pads, towel, etc) over these areas until this leaking stops. Change as needed

If you have extensive fat grafting and liposuction, I recommend you sit and sleep on some towels the first few days. This will help absorb some of this drainage and protect your couch, bed, chairs, etc.

During shower or a few times throughout day it is okay to massage your skin in the area(s) of liposuction toward these incision/port sites, expressing any residual fluid (if present).

This fluid may be watery, bloody, oily, or have small fat particles. This is normal.

It is okay to shower in 48 hours, unless your surgeon restricts this for another concurrent surgery you had performed at the same time. Soap and water can lightly run over incision areas, but do not soak area or submerge under water. After your shower, pat areas dry and apply new dressings as above.

Depending on the volume of fat grafting/liposuction performed, you may have a binder or compressive garment. Make sure your compression garment or binder is on and snug. You may have some padding or foam to wear under the binder or garment depending on what areas liposuction was performed. **Wear this at all times** other than brief showering for the first 2-4 weeks. This is very important to help prevent your body from filling the liposuction sites with fluid that will significantly prolong your recovery and your results. Thus, try and not remove as much as possible. It is okay to hand wash foam, binder, and/or garment and blow dry on low heat setting.

Results:

You may develop bruising (sometimes significant) in the areas where fat was harvested from. This will resolve over 2-4 weeks.

You may have some mild redness, swelling, and bruising in the areas where the fat was transferred to. This is normal. However if area feels overly warm or red, contact your surgeon for evaluation.

You will be sore. However, extreme pain or abdominal discomfort is not normal. If this occurs, call your surgeon immediately.

Approximately 50-80% of the grafted fat should survive. You may need additional rounds of fat grafting in the future to optimize results.

Do NOT smoke or use tobacco products. It WILL impair your healing and increase your complications. Avoid second-hand smoke as well.

Activity:

Make sure you get out of bed and take frequent, short walks around the house. This will help you be less sore, and help prevent blood clots from forming in your legs.

Flex and point your toes (step on the gas) 100 times per day. This muscular pumping action of your calves will also help prevent blood clots from forming in your legs.

No strenuous activity or straining until cleared by your surgeon at follow-up.

No driving while taking narcotic pain medications.

Medications: See Patient Visit Summary for list of medications. Do not take pain medications on an empty stomach as this may increase nausea. Avoid Aspirin and NSAIDs (motrin, advil, ibuprofen, aleve) for the first week after surgery as these can increase bleeding and bruising.

Pain medication: You may be prescribed Percocet or Norco for postoperative pain unless allergic or intolerant.

Muscle Relaxant: Valium may be prescribed to help ease stiffness.

Antibiotic: You may or may not be prescribed an antibiotic for 5-7 days after surgery.

If you are taking narcotic pain medications you may experience some constipation. Drink plenty of water and eat plenty of fiber in your diet. Consider a fiber supplement such as Metamucil®, FiberCon®, or Citrucel®. It is okay to take over the counter stool softeners once or twice daily such as Docusate or Colace® found at your local drug store. It is also okay and recommended to take MiraLAX® to help relieve postop constipation for the first 1-2 weeks until you feel regular again. Milk of Magnesia and Magnesium Citrate are additional over the counter items that can help with temporary constipation.

Follow up: Your surgeon in 7-10 days. Call office for specific appointment date and time if you do not already have one.

Office contact number: 314-501-9100

Other Instructions:

Should you experience any of these symptoms call the office:

- Fever of 102 degrees Fahrenheit or greater
- Persistent pain, nausea, or vomiting.
- Persistent bleeding.
- Shortness of breath.
- Significant redness or drainage from your incision.
- Significant leg swelling or calf pain
- Any other questions or concerns.

During business hours (9am – 4:30pm) call:

Chesterfield Plastic Surgery Office: 314-501-9100

On nights or weekends call:

Hospital exchange: 866-830-0636

Seek Immediate assistance (ER or call 911) if you experience:

- Shortness of breath, or feeling as if your lungs are wet
- Excruciating abdominal pain

General Postsurgical Instructions

You may expect to feel dizzy, weak, and drowsy for as long as 24 hours after receiving the medicine that made you sleep (*anesthetic*). The following information pertains to your recovery period for the first 24 hours following surgery.

Do not drive a car, ride a bicycle, participate in physical activities, or take public transportation until you are done taking narcotic pain medicines or as directed by your caregiver.

Do not drink alcohol or take tranquilizers.

Do not take medicine that has not been prescribed by your caregiver.

Do not sign important papers or make important decisions while on narcotic pain medicines. Have a responsible person with you.

Liposuction PostOp Instructions
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