

FAT GRAFTING

Post-Surgical Guide



INCISIONS/ SURGICAL SITES

- Moderate discomfort, bruising, and swelling is normal and may take a few weeks to completely resolve.
- You likely will be instructed to wear an abdominal binder (or thigh compression garment, if applicable) for at least 2 weeks after surgery in the areas where fat was harvested. You will find it more comfortable to wear a soft clothing layer underneath the binder.
- Bloody drainage from the liposuction harvest sites is normal for 24-48 hours after surgery. You can place gauze, Kleenex or sanitary pads at the sites to absorb drainage. It is advisable to sleep on dark towels the night after surgery.
- ABSOLUTELY NO ICE OR HEATING PADS at surgical site.
- No compression to breasts for 4-6 weeks after surgery.

SHOWER

- You may shower 48 hours after surgery using a mild soap like Dove.
- Use a very soft washcloth or your hand, do not rub the area, and pat dry.

ACTIVITY

- Avoid strenuous activity for the first week after surgery.

MEDICATIONS

- See detailed medication information sheet.
- Prevent constipation while taking narcotic pain medication by taking one dose of Miralax and two doses of Colace daily until you are having normal bowel movements.

EMERGENCIES

- Call the office immediately for:
 - Temperature greater than 101 degrees
 - Significant increase in swelling or one breast more swollen than the other
 - Extreme pain not controlled by pain medication
 - Redness of incisions or pus/yellow/green drainage
 - Darkened or blackened skin (in excess of normal bruising)
- **After hours, call Medlink Paging Service at (512) 323-5465**