

Fat Grafting Post-Op Care 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.

Activities

- 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.

Treated Area Care

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or higher)
- Keep steri-strips on.
- Inspect daily for signs of infection.

- You may wear makeup with sunblock protection shortly.
- Stay out of the sun until redness and bruising subsides (usually 48 hours)

What to Expect

- 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

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Appearance

- Improved skin texture.
- Firmer and smoother skin.

Follow-Up Care

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

When to Call

- 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.