

FEEL BEAUTIFUL

PLASTIC SURGERY

Fat Transfer Post Op Instructions Post Operative Instructions

1. Adjust compression garment to keep snug and comfortable, if applied.
2. Do not apply direct pressure to the fat transferred site.
3. Please do not remove bandages or dressings. Keep them clean and dry. Do not shower until after your first post-op appointment. Sponge bathe only, with antiseptic wash if desired.
4. Advance diet as tolerated following surgery. The anesthesia you are given may cause nausea during the first day after surgery. Drink liquids and eat only mild foods during this time (jello, mashed potatoes, soups). Call office if repeated nausea and/or vomiting.
5. Avoid driving while using pain medicine.
6. Constipation (no bowel movement) may be an uncomfortable side effect of pain medication. Decrease the amount of pain medicine you're using as much as possible. If this doesn't induce bowel movement, consider over the counter preparations such as [Colace](#) (100mg twice a day is a gentle stool softener), fiber ([Metamucil](#) or [FiberCon](#)), [Mylanta](#), [Maalox](#), or [Milk of Magnesia](#) (30cc once or twice a day is a gentle laxative), [Miralax](#), and [Glycerin](#) or [Dulcolax](#) suppositories. These medications are available at pharmacies.
7. Mild swelling of legs and ankles is expected. Call office if excessive swelling or swelling is greater on one side than another.

CALL 858-295-4001 OR 858-774-7112 IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever 101 degrees or greater
- Pain not relieved with pain medication
- Swelling, redness, excessive bleeding and/or foul drainage from incision area
- Persistent nausea and/or vomiting
- Other questions or concerns

I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

X _____
Patient Signature

Date: ____/____/____