

Care After Fat Grafting

ACTIVITY

- **Please ensure you get up and walk around every hour while you are awake.** When sitting or lying pump your feet up and down at regular intervals when awake to increase your circulation, minimizing the risk of blood clots.
- **Please ensure you are doing deep breathing and** coughing for 3-4 days following your surgery each hour while you are awake (breathe in through your nose and out through your mouth three times on the third breath out give a big cough).
- Gradually return to activities.
- Low impact activities such as recreational bicycling and swimming can be resumed at 4 weeks if incisions are healed.
- Avoid activities such as high impact aerobics and jogging until bruising resolves (typically 6 weeks).
- You may resume sexual activity when you feel comfortable. Generally waiting 6 weeks is adequate, however every woman may feel differently.
- Avoid putting pressure on the area(s) where the fat was placed for 6 weeks.
- If applicable, you can resume sexual activity when you feel comfortable. Generally waiting 6 weeks is adequate; however, every person may feel differently.

MEDICATION

- Please do not take any Advil, Ibuprophen, Aspirin, Motrin or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you are still experiencing constipation, speak to your pharmacist about taking a laxative.
- Take Tylenol instead of your narcotics when you feel able.
- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

DRESSINGS & SHOWERING

- You may shower the day after your surgery, if you feel up to it. You must shower within 48 hours after your surgery. Please have someone present with you for your first shower and do not lock the bathroom door as you may become dizzy. DO NOT take a bath, swim or sit in any hot tubs until your incisions are fully healed.

- Place a Band-Aid or a light gauze dressing over each small incision.
- The small wounds from where the fat was taken may have a tendency to leak fluid for a few days, this is normal. Place a heavier gauze dressing at these sites as necessary.
- You can begin to perform a very light massage to the areas where liposuction took place (where the fat was taken from), this can help decrease swelling. This can be started 48 hours after surgery.
- DO NOT massage the area where the fat was placed.
- If you have TED stockings on these must be worn for 2 weeks day and night post op, taking off only to shower.
- The garment and the TED stockings should be hand washed with water and laundry soap as needed. You can then put them in the dryer on a gentle, low heat tumble dry. We recommend you wash your garments and then put them in to dry while you have your shower so they are ready to be put on when you are done.

WHAT TO EXPECT

- If the fat was grafted into your breasts, wear a soft supportive bra. It is preferable to avoid an underwire bra for 6 weeks.
- Wearing pants, such as yoga pants or Spanx, that provide some compression to the thighs and abdomen can provide comfort and help reduce swelling during the first 2 weeks after surgery (if the fat was taken from your thighs/abdomen).
- Moderate swelling is normal and is maximal at day 2-4. It will gradually improve over the next 3-4 weeks.
- You will see the office nurse for a post-operative visit approximately 2 weeks after surgery. If you have not been given an appointment, please call the office to arrange one.
- You will see your surgeon for a post-operative visit approximately 3 months after surgery.
- If concerns arise prior to your scheduled visit, please contact the office.

Please note that you will NOT be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE.** This is the law.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

If you have any questions or problems, please do not hesitate to call the office at 519-746-1132, or in an emergency situation after hours, you may contact Dr. Shenker directly at 905-531-1864. In the event that you cannot reach Dr. Shenker and you need attention urgently, please go to your nearest emergency department.

Please call and speak with one of the nurses or Dr. Shenker prior to going to your family doctor, Urgent Care or Emergency room or calling Telehealth for care. We are here to help you in your recovery process.

Last Medication Dose received:

Acetaminophen 1000mg (2 tablets) @ _____ (pain reliever)

Celebrex 100mg @ _____ (pain reliever/swelling)

Docusate Sodium 100mg start tonight

Your last narcotic dose was @ _____

We love hearing from you!

