

FAT TRANSFER INSTRUCTIONS

BEFORE SURGERY

- Please read all of the information in your pre-op packet three times, immediately after your appointment, the day before surgery, and again after surgery to ensure that you remember the details.
- By planning ahead, you can have a more relaxed recovery phase. Fill your prescriptions, stock the house with comfort foods, arrange a comfortable place to sleep and remember that you will need a ride to the first and second post-op appointment. Do not be alone the night of surgery; plan to have someone stay with you.
- **NO SMOKING** of any kind one-month before or after surgery is recommended.
- Start taking Bromelain, Arnica Montana or Arnika Forte as directed.
- Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products (including herbals or supplements) to minimize the chance of bleeding during your operation.

THE DAY OF SURGERY

- Make sure you do not eat, drink, smoke or chew anything except essential medications (as approved by your surgeon) 8 hours prior to surgery. You may take a Dramamine with a small sip of water the morning of surgery.
- Know where to go, when to be there, and please **DO NOT FORGET**
 1. Your pre-op packet
 2. Your garment
- Wear comfortable clothing, preferably something you do not have to pull over your head.
- You will be in the recovery room from 2 to 4 hours after surgery, so be sure your ride home understands this time frame.
- The car ride home is usually not the highlight of your day. Sometimes the motion causes you to vomit. If you live hours away you may consider staying in town the first night.
- Once home, find a nice place to settle where you can sleep on your back with the head of the bed elevated about 30 degrees. Keep your medications, fluids and, if necessary, something to throw up into close by. Work on deep breathing to keep your lungs expanded. Start your antibiotics at the next mealtime once home and all others as needed or as directed.
- Pre-op - It is a good idea to take a shower and scrub well with antibacterial soap the morning of surgery.
- When liposuction is used to harvest fat, it can cause a lot of swelling. It may even seem like nothing was done since the removed fat has been replaced with this swelling. It is also common for the swelling to be cyclical - less in the morning and more in the evening. This occurs commonly with increased activity. Do not be alarmed, this is normal.

THE FIRST WEEK

- Before you wake up from surgery, you will be put into a liposuction garment. You cannot remove the garment except to shower or to change into a clean one. The crotch of the garment is open to allow you to go to the bathroom without moving it. You will need to wear some type of compression garment for 4 - 6 weeks.
- You will have pads under your garment. These add extra compression to the areas that have been liposuctioned. You may move these around as desired. Try to keep the pads in as much as possible the first

week. You may shower after 24 hours unless otherwise instructed. Make sure to have someone available to help during the first shower as you may become lightheaded. No bathing is allowed until all incisions are completely healed.

- Wash your garment on the gentle cycle with a detergent designed for undergarments. Allow your garment to air dry. Limit how often you use the dryer. You might want to purchase a secondary garment.
- Expect to be bruised for several weeks and swollen for several months. Bruising, even significant bruising is common around the liposuctioned areas. This typically resolves over 1-3 weeks. Walking is encouraged as soon as possible. Use pain as your guide when returning to cardiovascular activities and weight lifting.
- Make sure to take all of your antibiotics as ordered. Take your pain pills as needed. You may take plain Tylenol instead of your pain medications. If constipation is a problem (which is common after surgery), you may take any type of laxative or stool softener that you want.
- You will drain large amounts of blood-tinged fluid for 24-48 hours after surgery. It is a good idea to put some old towels on the seat for the ride home. We also recommend putting trash bags or a shower curtain liner under towels on your bed to prevent stains.
- Keep the white tape over your incisions until they fall off or we remove them at 1-2 weeks. After your incisions are completely healed, you will start using the scar gel Mederma or silicone gel sheeting. You will need to use one of these for the first 3 to 12 months after surgery. Make sure to keep the incisions out of the sun for the first year as they will turn darker than the surrounding skin.
- You can expect the majority of your swelling to be gone in 4 to 6 weeks – but final changes make take up to a year. This will vary from person-to-person, as healing is very individual. Be patient as you heal and do not expect instant results.
- You may resume your regular exercise routine in 2 weeks as tolerated.
- Weight gain after surgery will be more exaggerated where liposuction was not performed. Weight gain can also result in more contour irregularities where lipo was done. Keep track of your weight. It can really sneak up on you.
- Call the office 303-321-6608 with any questions that you may have.