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## **Fat Grafting Postoperative Instructions**

Thank you very much for allowing us to perform your surgery. Please call us at any time if instructions are not clear or issues are not addressed in this instruction sheet.

Pain medication and general anesthesia can cause constipation. It is helpful to start a stool softener such as Colace a few days before surgery. If constipation is a problem after surgery, you may use a glycerin suppository or Fleet enema.

Most patients experience swelling and bruising after this procedure. Typically, this is more pronounced **24-48 hours** after the procedure. Depending on the size of the surgical area, swelling may last upwards of **two to three weeks or more**. For most patients, bruising at the site of transplantation is minimal.

The donor site (i.e. abdomen) may have bruising for about two weeks. There will be a clear dressing covering the incision site and suture.

Typically, a foam pad is placed over the donor site which should be left in place for about **24 hours**. Some form of compression to the donor site may be worn for about one week (i.e. body shaping garment, abdominal binder).

The clear dressing and any sutures will be removed at your first postop visit. If the clear dressing comes off before your postop visit, you may apply antibiotic ointment to the suture sites.

You may shower the day following surgery. Do not tub bathe until all incisions are healed.

Postoperative prescriptions are provided in advance of surgery day, so you arrive home completely prepared. Postoperative prescriptions and over-the-counter medications for patients undergoing fat grafting surgery may include the following:

- An antibiotic to prevent infection.
- Pain medication to minimize any discomfort. Do not take your pain medication on an empty stomach. Have a light snack, such as crackers, about 30 minutes before you take your medication.
- An antibiotic ointment (polysporin/bacitracin), to place on sutures with a Q-tip to keep them soft and lubricated so they are easy to remove (available at any grocery or drug store).

You may take your pain medication as needed. If your procedure is being performed at the physician's office, you will begin the antibiotic the morning of your surgery.

### **WHEN TO CALL**

If you develop severe shortness of breath or chest pain – call 911, then notify your physician.

If you run a fever, or have chills – call our office.

If you have markedly increased pain, bruising, swelling or bloody drainage– call our office.

If you develop leg swelling or pain – call our office.

If you have persistent nausea or vomiting – call our office.

If you are uncertain about a medication or treatment – call our office.

If you are experiencing any adverse symptoms or changes that you do not understand – call our office.

**Phone Numbers:**

Cool Springs Plastic Surgery Office – 615-771-7718

Dr. Moore's Cell Phone – 615-476-2784

Dr. Sarosiek's Cell Phone- 215-910-1187

\*In the event of an emergency, please call, do not text