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**FAT GRAFTING**

**POST-OP INSTRUCTIONS:**

* Bruising and swelling of the operative areas as well as surrounding areas are to be expected. Bruising may be extensive, and it usually takes two to three weeks to resolve. The swelling may take several weeks to months to resolve completely.
* Numbness in the operative areas is to be expected, and the time varies for the numbness to resolve. Therefore, NO WARM OR HOT COMPRESSES should be used directly on the surgical area until you receive further instructions from your surgeon.

**ACTIVITY**

* Rest at home for 24 hours. You are encouraged to start walking and caring for yourself the day after your surgery.
* You may drive in two to three days following surgery, depending on how you feel, and provided you are not taking prescription pain medication.
* Avoid smoking and being around anyone who is smoking for two months.
* Bathing: You may shower in 2 days after the surgery.
* Sexual activity may resume when you, yourself, feel comfortable.
* You may return to work within \_\_\_days, depending on your recovery and what type of work you do.
* Avoid direct sun exposure for a minimum of one year. Use a sunscreen with a SPF of at least #15. Tanning beds should be avoided.

**DIET**

* Begin with sips of liquids the first few hours to avoid nausea. Then gradually progress to a regular diet.
* It is important to replace fluids lost during surgery by DRINKING EIGHT TO TEN GLASSES OF WATER, JUICE, or GATORADE for two days after the surgery.

**DRESSINGS**

* You will be required to wear your garment (girdle) for six weeks after surgery. You should wear it 24 hours a day for the first four weeks, **removing it only to shower**.
* If you have Steri-Strips over the incisions, leave them on until they fall off themselves. They may get wet in the shower, just pat them dry.
* Expect the garment to be wet the first 24 hours. For liposuction of the waist and below, you may want to bring a plastic garbage bag to sit on in the car for the ride home.
* If your garment becomes soiled, you may remove to wash and line dry it (do not put in dryer), but then immediately put it back on.

**MEDICATIONS**

* Do not take medicine on an empty stomach, it may cause nausea.
* Take Tylenol or Extra-Strength Tylenol for pain. Do not take aspirin or any medication containing any aspirin, unless specified by your doctor.
* Take your prescribed pain medication with food as needed.

It is not uncommon to feel melancholy (emotional) after any cosmetic surgery. Such emotions are usually related to the immediate discomfort, anxiety over appearance such as swelling and bruising, and limitation of activity and socialization. These feelings will disappear as your appearance improves and you return to your usual daily activities.

Notify our office immediately if you develop: NUMBNESS AROUND THE LIPS, RINGING IN THE EARS, METALLIC TASTE IN MOUTH, MUSCLE TWITCHING, DIFFICULTY BREATHING, SHORTNESS OF BREATH, RAPID HEART RATE, CONFUSION, AN UNUSUAL SKIN RASH (PETECHIAE), FEVER GREATER THAN 100 DEGREES, SEVERE PAIN NOT RELIEVED WITH PAIN MEDICATION AND REST, BLEEDING THAT SOAKS THROUGH YOUR BANDAGES, NAUSEA OR VOMITING. Call our office at (540) 722-2280 should you have any problems.

I acknowledge that I have read and understand the instructions stated above.

Patient Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_