

FAT GRAFTING

Post-Surgical Guide



INJECTION SITE

- Some bruising and swelling is normal.
- Only mild discomfort should be expected.
- Wear a compression garment for the first 5-7 days after surgery.

HARVEST SITE

- Moderate bruising and swelling is normal.
- Moderate discomfort is normal and may last 1-2 weeks.
- If a large volume of fat was harvested, we recommend wearing a compression garment or wrapping in an ACE bandage for 1-2 weeks after surgery.

EMERGENCIES

** After hours, call Medlink Paging Service at (512) 323-5465

- Any signs of infection, call Doctor IMMEDIATELY
 - Temperature greater than 101.00 degrees
 - Significant swelling
 - Tender, red, swollen, warm areas, pus, yellow or green drainage
 - Swollen/painful or darkened/blackened skin
- ABSOLUTELY NO ICE or HEATING pads to injection or harvest site.

SHOWER

- Shower daily with mild soap like Dove.
- Use a very soft washcloth, do not rub the area, pat area dry.

ACTIVITY

- Avoid strenuous activity for the first week after surgery.

MEDICATIONS

- Take two Aleve in the morning and two in the evening
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
 - Prevent constipation by taking one dose of Miralax daily until function returns to normal.

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