

# Postoperative Instructions for Patients Undergoing Fat Grafting

1. **Getting home and postoperative supervision.**

It is extremely hazardous to drive after general anesthesia or intravenous sedation. Please arrange for a responsible adult to drive you home and stay with you for at least one to two days.

2. **Activity for the first 24 hours.**

Immediately following the surgery, high-impact activities should be avoided, especially any type of bouncing. After surgery, you should plan to rest for 24 hours. Avoid straining and stooping. Generally, when resting, elevate the surgical area.

3. **Sleeping and sitting positions.**

After undergoing a fat grafting procedure, you must sleep and sit in positions that avoid putting pressure on the areas into which fat was transferred. It is generally best to sleep with the fat transfer area elevated, if possible.

4. **Diet.**

After the surgery, you may consume liquids such as soup, tea, soft drinks, or Jell-O. Try to limit sodium intake to reduce swelling. After surgery, be sure to drink enough water to prevent dehydration. Gradually progress to a soft diet and then to a regular diet over the next 24 hours.

5. **Medications, herbal supplements, vitamins, and alcohol.**

Fill your prescriptions and take your postoperative medications as directed. Do not drink alcohol when taking pain medications. Even when not taking medications, avoid alcohol for three weeks (it causes fluid retention). If you are taking iron supplements, resume these as tolerated. Dr. Boyd does not recommend taking megadoses of vitamins in excess of the normal daily requirement (which is more than adequately met by a normal balanced diet). Please discontinue this form of medication for two weeks before and after surgery unless you are being treated for a specific deficiency. One multivitamin tablet per day is acceptable.

6. **Dressings.**

If given a compression garment, wear it for 23 hours a day to mould the area from which the fat was taken. It is perfectly acceptable to take it off for one hour per day to shower, but it should be replaced as quickly as possible. Avoid compression on areas to which fat was transferred.

**7. Wound care, shampooing, and showering.**

After 24 hours, you may shower. Use lukewarm water only when showering. Make sure you have someone with you the first time you shower in case you start to feel light-headed. Please do not ice the surgical areas unless given clearance by Dr. Boyd. You may start wearing makeup the day after the procedure.

**8. Activity after the first 24 hours (including driving).**

Start walking after your surgery, as this helps to reduce swelling and lowers the chance of blood clots. After one month, light activities, such as fast-paced walking, can be performed. Do not drive for one week and never while taking any pain medications.

**9. Things to avoid. (See 2, 3, and 5 also).**

It is vital that you do not smoke after surgery to avoid respiratory and wound healing complications. Smoking should be avoided for at least two weeks after the surgery. You should also avoid significant weight gain since the fat cells in your body that have been shifted around may give rise to a deformity.

**10. Bruising, swelling, and other normal events.**

You may have bruising, swelling, and mild discomfort in the part of the body from where the fat was harvested. This is normal and will gradually resolve over a period of a few days to weeks. However, fever, shortness of breath, chest pain, or unusual pain in the operated area, especially on one side, should be called to the attention of Dr. Boyd immediately.

Someone in the office will call you the day after surgery to check on your condition and answer any questions you might have. You can reach Dr. Boyd or a staff member around the clock by calling **(310) 295-2287**.

These instructions are not intended to cover every possible problem that could arise. Good judgment on your part is essential for a good result.