

Surgery ~ Fat Grafting Post-Op Instructions

FAT GRAFTING POST-OP INSTRUCTION SHEET

The following post-operative instructions are specific to your procedure & are meant to serve as guidelines to help you through your recovery. Please read them carefully.

EMERGENCIES

A hematoma is the most common emergent event within the first 24 hours. If either your donor site or your recipient site begins to swell to twice its normal size, call Dr. Cooper immediately. Rest assured ~ this is not a subtle event! You will most certainly notice a change in the surgical site!

For routine matters, please call the office during business hours. If you have an emergency that cannot wait, I am available by cell phone (307) 699-3115 on evenings & weekends. Please respect my family time & call **ONLY** for urgent or emergent issues. Non-emergent phone calls after hours & on weekends will be subject to a \$50.00 fee. Examples of urgent or emergent issues include the following: sudden onset, extreme swelling of the surgical site, redness / warmth involving your incision(s), or unilateral calf pain or swelling. If I do not answer right away, leave a message. I will call you back! If you have a life-threatening emergency, such as crushing chest pain or shortness of breath, call 911 immediately. If you have any questions on a Thursday or Friday, please call the office to have those questions answered. Do not delay those questions & have those issues become an urgent matter over the weekend.

NARCOTICS AND PRESCRIPTION MEDICATIONS

Nausea is normal when taking multiple medications. To minimize this, avoid taking medications on an empty stomach. Try to stagger your medications 20-30 minutes apart. You may “halve” the pain pills or muscle relaxers if they are too strong for you. If your pain is relatively well-controlled, you may alternate your pain medication with extra-strength Tylenol. Motrin / Aleve / Ibuprofen may also be used beginning 7-10 days following your procedure.

You will receive ONE prescription for pain medication. No refills on narcotics will be authorized for this procedure, so please use them wisely. Refills on all other prescriptions will not be authorized after hours or on weekends. Please plan ahead accordingly.

If you are taking narcotics for any other reason prior to your procedure, please take this into consideration. Consultation with your pain management physician prior to your surgery is highly encouraged & is the responsibility of the patient.

ANESTHESIA

You may experience a sore throat after surgery. This is common after general anesthesia & will resolve in a few days.

NAUSEA

Nausea is common after general anesthesia. Anti-nausea medication will be prescribed for you. A clear liquid diet is recommended until the nausea subsides, after which time you may resume a regular diet.

BANDAGES

Leave dressings intact until your follow-up appointment.

PERSONAL CARE

You may shower on post-op day 3 facing AWAY from water.

DIET

No Restrictions. Drink plenty of water. Water intake & stool softeners will help minimize constipation from narcotics (pain medication) after surgery.

CONSTIPATION

Constipation is a common complaint after surgery & can be associated with anesthesia and narcotics (pain medications). Hydration & utilizing pain medication only when absolutely necessary will help minimize this. Stool softeners & laxatives (Colace, Dulcolax, Miralax) are over-the-counter medications that can help alleviate your symptoms. If these are insufficient, a Fleets Enema is the next best option.

GARMENT (BRA)

A well-fitted surgical bra provides comfort & support following your procedure & will be provided for you after surgery.

STITCHES

Your stitches will either dissolve or fall out on their own and will not need to be removed.

DRIVING

Wait at least 24 hours after you have stopped taking prescription pain medication to operate a vehicle.

EXERCISE

You may resume light exercise (treadmill, elliptical) after ~2 weeks, with gradual return to your “normal” level of activity thereafter.

SEXUAL ACTIVITY

You may resume sexual activity once you feel you are ready. Please remember that you have recently had a major surgical procedure & utilize good judgement.

ALCOHOL

You may consume alcoholic beverages once you are no longer taking prescription pain medication. However, please take into consideration all other medications & how they may interact with alcohol.

FEVER

There is no reason to check your temperature after surgery unless you believe it to be extremely high. Your body will respond to the “injury” of surgery with a low-grade fever for several days. This is a normal reaction to stress & part of the healing process. If you do experience increased warmth or redness around your incisions OR fever (>101.5), please call the office.

TRAVEL

No travel for 2 weeks following your procedure.

OTHER

No swimming (chlorine / saltwater / other) for 3-4 weeks.

NO HEAT or ICE to surgical site.

Your recently operated skin cannot sense extremes of temperatures, which can result in heat or cold burns and compromise your results.

Arnica & Bromelain are recommended homeopathic supplements which facilitate resolution of bruising & swelling after surgery. These can be found online at www.vitamedica.com/product/arnica-bromelain-