

DR. WENIGER'S FAT GRAFTING TO THE BUTTOCKS **POSTOPERATIVE INSTRUCTIONS**

NO PRESSURE TO THE BUTTOCKS

During the first week following your surgery, the two major problems to watch for are hematoma (a collection of blood under the skin) and infection. Any significant increase in swelling of the abdomen, firmness, severe bruising, or increased pain not controlled by medication can be signs and symptoms of a hematoma. Fever over 101 degrees F, swelling, severe redness, or drainage can be signs of infection. These should be reported to our office immediately.

NOTE: There will be some expected bruising, pain, and swelling the first 48 hours after surgery. If liposuction was also done, there will be a small amount of blood-tinged drainage that is expected for 3 days. **It is recommended to place a protective cover over any beds or chairs that you may sit or lay on so you do not ruin them with the drainage.**

DO:

- Sponge bathe uncovered areas only for the first 72 hours. After 72 hours, you will be able to remove your binder/garment to shower. Shower gently and pat dry.
- Keep compressive garment on at all times except to shower. You may wash and dry garment, and then put it back on immediately.
- Take your narcotic pain medicine as needed and always take with food.
- Use Tylenol/extra strength Tylenol when pain medicine runs out or if pain pills are too strong.
- Ibuprofen/Advil/Aleve can be started one week after surgery. Do not use before then.
- Eat as tolerated. Start with something light and then advance diet slowly. Eat plenty of protein and avoid salt. Limit water intake
- Walk every three hours during the day to prevent blood clots (walk to bathroom, kitchen, around house, etc.). Walk OUTSIDE daily beginning the day after surgery.

DO NOT:

- **APPLY DIRECT PRESSURE TO THE BUTTOCKS** (can use a pillow under the thighs to prevent pressure to the buttocks or if able can lay on abdomen).
- Drive until instructed to do so by Dr. Weniger (not while on narcotics or if very sore).
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (may stimulate bleeding).
- Submerge in any form of water for at least 3 weeks.
- Drink alcohol while on narcotics (causes bleeding) or for one week after surgery.

Your follow-up appointment is _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us.
843-757-0123