

DR. WENIGER'S FAT GRAFTING POSTOPERATIVE INSTRUCTIONS

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 for the first 48 hours after surgery. The area(s) that the fat was harvested from will drain a small amount of bloody drainage from the incision ports. **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 only for the first 72 hours (keep incisions dry). After 72 hours you will be able to remove your binder/garment (if applicable) and shower. Shower gently and pat dry.
- Use cool compresses/iced gauze every 30 minutes for 3 days (if fat grafting done to face).
- Sleep with your head elevated (if fat grafting to face or breasts) to help decrease swelling. Sleeping in a recliner-type chair would be the best.
- Take your narcotic pain medicine as needed and always take with food.
- Use Tylenol/extra strength Tylenol when pain tablets run out or are too strong.
- Ibuprofen can be used starting 1 week after surgery unless combined with a face surgery then wait for 2 weeks after surgery. Do not use ibuprofen, Advil, Aleve 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 while awake after surgery to prevent blood clots (walk to bathroom, kitchen, around house, etc.). Walk OUTSIDE daily beginning the day after surgery.

DO NOT:

- Drive until instructed to do so by Dr. Weniger (no patient while on narcotics or if vision is impaired by swelling).
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (causes bleeding).
- Submerge in any form of water for at least 3 weeks.
- Drink alcohol while on narcotics (causes bleeding) 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