



Fat Grafting (Transfer) Post-Operative Instructions

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

What to expect:

- There will be a mild to moderate amount of pain and discomfort associated with the procedure. This should be easily controlled with oral medications. Severe pain is rare; if you experience this please contact us immediately.
- The discomfort and pain should begin to decrease within 48 hours after the procedure.
- After the procedure you will notice some bruising and swelling in the area(s) of injection. This usually peaks within 2-3 days after the procedure. After 72 hours the swelling and bruising rapidly subside. To minimize the swelling, sleep with your head elevated for 4 weeks after surgery.
- In the first 2 to 3 weeks after surgery it may seem as if you are too swollen or too much fat has been used. Don't worry this swelling will subside slowly leaving you with a more natural appearance long term.
- In 6 months the transplanted fat has reached its final volume and Dr. Holland to re-access to determine if another procedure is needed.

Pain Medication:

- **Take pain medication as prescribed.**
- **For pain that is less intense it would be appropriate to take Tylenol 500 mg two tablets every 6 hours (not to exceed 2000 mg in 24 hours) and Ibuprofen 600 mg every six hours, if it is not contraindicated for your health and you have not been prescribed Celebrex.**

Activities:

- Listen to your body and rest when you are tired.
- Begin walking as soon as possible. Doing so will reduce swelling, prevent post-procedure complications, and promote recovery.
- Do not drive until you are no longer taking the prescribed pain medications.
- Refrain from vigorous activity for 2 weeks. Increase activity gradually as tolerated.
- Avoid hitting or bumping your face, head and neck.
- Do not smoke **any substance**, as doing so delays healing and increases the risk of complications.

Wound care:

- Keep incisions clean and inspect daily for redness, swelling, heat, and or drainage with an odor.



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- To minimize swelling in the face you may use cool, clean compresses or ice wrapped in a dry cloth. Apply these gently to your face four to six times a day for the first 24 hours after the procedure.
- Sleep with your head elevated for 4 weeks after the procedure.
- It is not unusual to have some slight drainage from the small incisions in your belly button (umbilicus), or other donor site, for the first few days after your procedure. The drainage is most often red or pink.
- On day 4 remove the dressing and start cleaning the belly button incision. This is accomplished by rolling a Q-tip moistened (not soaked) with hydrogen peroxide over each of the incisions, and then gently applying a small amount of antibiotic ointment on it. This procedure should be repeated 2 to 3 times per day. You may purchase the ointment in any drug store without a prescription (polytopic, polysporin, or bacitracin).
- Some swelling or discoloration may be noticeable at this point, but this is normal and should resolve on its own.

Call Dr. Holland if:

- Your temperature is greater than 101. It is not uncommon to have a low-grade fever after surgery.
- You have increased swelling and/or bruising.
- You have increased redness around the incision and/or if pus (yellowish or greenish drainage with a foul odor) drains from the incision.
- Severe or increased pain not relieved by medication occurs.
- Severe bleeding occurs. Apply direct pressure to the area.

Follow up:

- Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland urgently.**