

RICHMOND PLASTIC SURGEONS
DARRIN M. HUBERT, M.D., F.A.C.S.

LIPOSUCTION AND FAT GRAFTING (TRANSFER) POST-OPERATIVE INSTRUCTIONS

PROCEDURE: You have had a liposuction and/or fat grafting procedure. Liposuction involves placing a significant amount of fluid beneath the skin to assist with removal of fatty tissue through one or more very small incisions. Fat grafting (or fat transfer) involves harvesting that same fatty tissue and placing it back in your body in other areas, and thus will have a donor site (where liposuction is used to harvest the fatty tissue) and a recipient site (where the purified fatty tissue is injected) such as the breasts or buttocks.

DRAINAGE: Because a significant amount of fluid is placed under the skin before the fatty tissue is suctioned out, it is normal for some of this fluid to drain out of the tiny incisions for the first several days. If gauze bandages or pads were placed over these draining incisions, then change them as often as needed so as to soak up the fluid which is coming out. The drainage may be clear or light red, but if it is persistently bright red, you should call the office immediately.

BRUISING: This is normal and is to be expected at the liposuction or fat graft donor site, and it can sometimes be fairly extensive. It is less common at the fat graft recipient site but can occur as part of the normal process. If the bruising is particularly hard to the touch, please notify the office or your surgeon.

ACTIVITY: Take it easy for the first two weeks. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children. You may resume non-vigorous activities at two weeks, then normal activities (for example cardio workouts or running) at four weeks.

BATHING: You may shower one day after surgery. No tub baths or swimming until you are cleared to do so by Dr. Hubert. Remove any bandages before showering. After showering, gently pad everything dry, then reapply bandages and the compression garment and/or surgical bra.

COMPRESSION GARMENT: A tightly fitting compression garment and/or surgical bra are often placed to cover the liposuction sites, to help minimize the swelling and pooling of fluid under the skin, and to encourage the overlying skin to heal back down in correct position. The garment(s) should be worn day and night, removing only to shower, for the first two weeks. Your surgeon may instruct you to wear it longer if necessary. You can generally wear loosely fitting clothes over top of the compression garment(s).

SUTURES: You may have sutures which need to be removed in the office. This typically is done approximately one week after surgery.

SWELLING: Some swelling is to be expected, at both the liposuction and fat graft sites. Although a majority of the swelling usually resolves within the first two weeks, the remainder may take as long as four months to resolve completely. Excessive swelling, out of proportion to the surrounding areas, is not normal and could be due to bleeding under the skin (hematoma). Please call your surgeon immediately should this occur.

MEDICATION: Most patients will receive prescriptions for an antibiotic and for pain medication. Take the antibiotic until it is finished and the pain medication as needed according to the directions. Do not drive while taking narcotic pain medication. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle.

PHARMACY: Your prescriptions were sent electronically to the following pharmacy: _____

FOLLOW-UP APPOINTMENT:

() Your appointment is scheduled for _____.

West Creek Office of Richmond Plastic Surgeons
1630 Wilkes Ridge Parkway, Suite 201
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons
14401 Sommerville Court
Midlothian, Virginia 23113

() Please call **804-285-4115** to schedule an appointment for _____.