

Fat Grafting Discharge Instructions

Diet: Start with a regular diet high in protein and low in sodium as tolerated.

Medications:

- Take all medication as directed. Please refer to your medication sheet provided by Dr. Criswell.
- Use pain medication as needed for pain and discomfort. **DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION.**
- You can use Ibuprofen (Motrin, Advil) 800 mg 3 times a day, as needed for discomfort, **starting 24 hours after surgery.**
- Take your antibiotics, **as prescribed**, starting the day of surgery.

Activity/Wound Care:

- Do not massage treated area.
- Bruising and swelling is normal and to be expected.
- Blood tinged drainage from donor site is normal. It is okay to use gauze and towels to catch drainage if needed.
- If given a compression garment, use 23 hours a day to the area the fat was removed from. It is okay to take off for 1 hour a day to shower. Do not use any compression on the areas the fat was moved to.
- After 24 hours you may shower. Use tepid water only when showering. Make sure you have someone with you the first time you shower in case you start to feel light-headed.
- No lifting heavier 10 pounds or increasing heart rate for at least 3 weeks after surgery. No exercise until cleared by Dr. Criswell.

Post-op Visits:

- Post-op visits are very important. Follow up with scheduled appointment. If you were not given a follow-up appointment, please call the office within 24 hours of your procedure to arrange an appointment.
- Then you will be seen again as follows: 1 week, 2 weeks, 4 weeks, 6 weeks, 3 months, 6 months, and 1 year out from surgery.

Additional Discharge Instructions:

IF YOU HAVE AN IMMEDIATE EMERGENCY, PLEASE CALL 911

Please call the office at (704) 424-5050 if you experience any of the following:

- **Rash or hives**
- **Fever of 101 or greater**
- **Persistent nausea or vomiting**

If it is after hours please call the office telephone number. Have the operator page the nurse on call. If your call is not returned within 15 minutes, please call the answering service again.

If you have questions or concerns that are not an emergency, please call the office telephone number during regular business hours, or leave a message on our voice mail after hours. If you have an immediate medical concern during regular office hours, please ask to speak with a nurse.