



MOUNT AUBURN HOSPITAL

TAYLOR & SULLIVAN PLASTIC SURGERY
HELENA O. TAYLOR, MD, PhD, FACS
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300 Mount Auburn St Ste 304
Cambridge, MA 02138

Phone: 617-492-0620 FAX: 617-492-0631

www.massplasticsurgeons.com



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

FAT GRAFTING AFTERCARE INSTRUCTIONS

- In the week before your Fat Grafting operation:
 - Consider eating pineapple, it may help reduce bruising
 - Consider supplementing with Arnica montana, it may help reduce bruising
 - Complete household chores and prepare meals for the first few days of postoperative recovery
 - Follow preoperative instructions with eating, drinking, and medications
- Postoperatively, get out of bed and walk (with assistance) every few hours after your operation to decrease the chance of postoperative problems such as blood clots.
- Practice 15-20 deep breaths every hour to keep your lungs open.
- After Fat Grafting, it is important for you to have someone available to stay with you for the first 24-48 hours, as you may feel drowsy. You may require help the first few times you get out of bed.
- Please take your medications as directed by Dr. Taylor or Dr. Sullivan to manage discomfort or symptoms.
 - Acetaminophen (Tylenol) 1000 mg every 8 hours, space doses 4 hours after Ibuprofen so one or the other is taken every 4 hours
 - Ibuprofen (Motrin) 800 mg every 8 hours, space doses 4 hours after Acetaminophen so one or the other is taken every 4 hours
 - Gabapentin 300 mg every 8 hours for 7 days
 - Vitamin C 500 mg daily for 50 days
 - Oxycodone 5 mg – 1-2 tablets every 6 hours as needed for pain, though many patients may not need it
 - Colace 100 mg twice daily to prevent constipation, it is important to have a bowel movement each day
 - Zofran 8 mg every 8 hours if needed for nausea
 - Scopolamine patch will be placed behind the ear on the day of surgery and can stay for 3 days
- Eat a light diet for 2-3 days and avoid spicy food. Some suggestions to ease abdominal discomfort or indigestion after surgery:
 - Drink water or warm liquids
 - Prune juice to prevent constipation
- You may shower or sponge bath the day after the Liposuction operation with assistance and wash your skin as you normally would with soap and water. Avoid soaking in a bath where fat was harvested by

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liposuction, although it will not hurt to splash water from a shower on the wounds. Gently pat dry after washing.

- You may wear a compression garment where fat was harvested. A garment may be helpful for 6 weeks, and thereafter as needed for comfort. The garment helps control swelling and fluid build-up. You can take it off to shower. Alternatively, you could wear a Lycra or Spandex garment for compression, comfort and support.
- Where fat is harvested by liposuction, most wounds will be closed with buried absorbable sutures and skin glue. The skin glue forms a barrier to water. Please do not remove the glue, it will fall off on its own after a few weeks. Do not apply any lotions, potions, ointments, creams or solutions (e.g. no hydrogen peroxide or alcohol) as they can be harmful to the fragile healing tissue.
- Where fat is instilled, there will be no stitches or dressings, only very small puncture sites. These may have a tiny amount of drainage or form a small scab. No treatment or wound care is necessary.
- Do not smoke or expose yourself to smokers or nicotine as skin and wounds can be compromised.
- Infection is uncommon, though please call Dr. Taylor or Dr. Sullivan immediately at any sign of infection which would be signaled by fever, increased pain, new redness or swelling.
- If you had your lips enhanced, vaseline ointment or lip balm may be applied to the lips three times daily for the first three days following injections to the lip areas.
- Maintain normal oral hygiene and tooth brushing.

ACTIVITY

- For the first few days following Fat Grafting, raising your blood pressure and heart rate can cause bleeding. Stress on your muscles near areas of liposuction or vigorous exercise could cause bleeding and swelling. We recommend walking 15 minutes 2 to 3 times per day and gradually increasing activity tailored to your recovery.
- Please do not drive until turning the steering wheel can be done safely and without pain (usually 2 to 3 days). Do not drive while taking pain medications such as oxycodone.
- Do not sleep on or apply significant pressure to the areas that have been augmented by fat grafting.
- Massage therapy to the areas of liposuction and fat grafting can help increase circulation, soften firm areas under the skin, and enhance lymph drainage. Please wait at least 3 to 4 weeks after Fat Grafting surgery to start massage to avoid increased swelling.

GENERAL OUTCOMES

- Moderate swelling and bruising is to be expected. Bruising may last for a few days to weeks and will move down your body due to gravity.

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- Where the fat is harvested by liposuction, you may find that your clothes are tight and may not fit as easily for at least 6 weeks after the operation. A feeling of tightness is also to be expected. Please be patient, the swelling and feeling of tightness will gradually subside over the following weeks to months.
- The body retains fluid with swelling in response to the surgery. The swelling may persist for 6 weeks or more before it slowly decreases. A change in facial, breast, hand or body contour is the goal of fat grafting. Please be patient.
- Most people experience muscle and tissue soreness, as opposed to sharp pains, for about 5-7 days after.
- Tingling, itching, and numbness of the skin are all normal after liposuction and fat grafting. Tingling and itching are signs of healing and will resolve. Sensation usually returns gradually and slowly over weeks to months. Some changes in sensation may be permanent. Please be patient and avoid resting against hot surfaces, which can injure or burn the skin.
- Transferred fat and scars can take one full year to mature. You may notice fluctuation in volume of transferred fat. Microport sites from liposuction may become red, raised and firm for several weeks to months before becoming soft, flat and pale. Avoid Vitamin E as it can irritate the scar. Mederma has no proven benefit and is not worth the expense. Silicone cream or skin moisturizer with sunscreen and gentle massage may be helpful.
- A small amount bleeding from the incisions is expected. Please call our office (617-492-0620) if you have:
 - Continuous bleeding
 - Significantly more swelling on one side when compared to the other
 - Worsening pain
 - Fever, spreading redness or irritation of the skin
 - Shortness of breath

It is important to be seen by Dr. Taylor or Dr. Sullivan after your Fat Grafting operation. They will see you in follow-up appointments at 1 week, 3 to 6 months, and 1 year or as often as needed post-op. Call Taylor and Sullivan Plastic Surgery to schedule your appointments at (617) 492-0620 between the hours of 8:30 – 5:00 or visit our webpage at www.massplasticsurgeons.com. We are always available for postoperative concerns or emergencies and can be reached through our paging service 24 hours per day at (617) 492-0620.

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