Fat Transfer
Post Op Instructions
Follow Up Appointment: ___________________________________________________

Instructions:
- Have someone drive you home after surgery and help you at home for the first 24 hours. You will need assistance for 1-2 days after your procedure.
- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take antibiotics as directed until the prescription is finished. Take medications with food.
- Do not take any pain medication other than what is prescribed to you or you can take tylenol only.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume as tolerated.
- Do not smoke, smoking delays healing and increases the risk of complications.

Activities:
- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Do not drive until you have full range of motion with your arms.
- No lifting greater than 5lbs. for 6 weeks.
- You can resume sexual activity as comfort permits, usually 2-3 weeks post-op.
- Strenuous exercise and activities are restricted for 6 weeks.
- May return to work as discussed with Dr. Mayberry.

Wound Care and Showering:
- No showering or bathing while drains are in place. You may shower after the drainage opening is closed (Usually 3-4 days following the removal drains). If no drains have been placed you can shower 24 hours after surgery.
- Do not use well water to shower or clean your incisions, use bottled water only.
- Avoid exposing scars to the sun for at least 12 months.
- Always use a sunblock, if sun exposure is unavoidable use sunscreen with SPF 30 or greater.
- Keep the steri-strips in place until instructed by Dr. Mayberry. If sutures are used, they will be removed in one week.
- Keep the incisions clean and inspect them daily for signs of infection.
- Wear your compression garment 24/7 for 6 weeks post-op.
- Place soft dressings over incisions and around drains sites daily, if any to wick away moisture and to prevent irritation by the garment along the incisions.
- Pressure will destroy the transferred fat, so you must keep pressure off of the affected area for 6-8 weeks.
- If the fat was transferred to the buttocok, absolutely no sitting for 10 days. After this, you may sit with a pillow placed beneath the posterior hamstrings (not touching the buttock). The pillow keeps the buttock in the air and avoids pressure on the newly grafted tissue. Sitting without a pillow is not allowed for 8 weeks.
- You must sleep in your tummy or side if performed in combination with a tummy tuck.
- If the fat is transferred to the breast, you must sleep on your back and avoid pressure to the area for 8 weeks.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry.
What to Expect:
- You may experience temporary pain, soreness, numbness, itching and/or incision discomfort.
- Maximum discomfort will occur the first few days.
- You will have significant bruising and swelling of the affected area. The majority of the swelling will subside in 8-12 weeks. The final results will be realized at approximately 6 months post-op.
- You may feel tired for several weeks or months.
- Scars will be reddened for 6 months. After that, they will fade and soften.

Follow Up Care:
- If drains are placed they will be removed when the output if less than 30ml in a 24 hour period. (See attached drain care instructions and record sheet)
- Surface sutures if any will be removed at 7-10 days.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:
- Fever of 101 degrees F or greater
- Sudden swelling, redness, bleeding, discoloration and/or foul drainage from the incision site
- Persistent nausea and/or vomiting
- Pain not relieved with pain medication
- Development of any drug reaction or any other concerns

OFFICE TELEPHONE AND AFTER HOURS ANSWERING SERVICE- 505.888.3844 OR 505.857.3933

I HAVE READ THIS DOCUMENT AND IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: ___________________________ Date: ____________

Witness Signature: ___________________________ Date: ____________
HOUSEHOLD ACTIVITIES: You may be up and around the house with your usual activities except those specifically outlined previously.

PULL OVER CLOTHING: You should wear clothing that fastens either in the front or at the back rather than the type that must be pulled over the head for a week. You can also wear a wide neck shirt.

ATHLETICS: No swimming, strenuous athletic activity or exercises that involve turning your head for 4-6 weeks.

KEEPING A “STIFF” FACE AND NECK: You should not move the face and neck excessively until the skin heals to the underlying tissues.
- Avoid excessive grinning and smiling.
- Don’t turn your head without turning your the neck and shoulders as one unit, when you must turn, do as if you had a “crick” in it the neck, for 2 weeks.
- Don’t bend the head forward or extend the neck backward for the same period.

RETURNING TO WORK AND RESUMING SOCIAL ACTIVITIES: When you should return to work depends on the amount of physical activity and public contact your job involves and also the amount of swelling and discoloration you develop. The average patient may return to work or go out socially 2-3 weeks after surgery when these factors are minimal- you will have to play this by year! Do not drive for 2 weeks.

YOUR SCARS: After all stitches have been removed, the scars will appear a deep pink color. There will be varying amounts of swelling in and around the scars themselves. With the passage of time, the pink and firmness of the scar will soften, and they will become less noticeable. Each individual varies with respect to healing. It takes approximately one year for these changes to occur in most scars.

DAILY CARE:
- Apply a small amount of Bacitracin Ointment to the suture lines around the front and back of the ear using a Q-tip.
- The second day after surgery let warm water run through while showering. Four days after surgery you may use Johnson’s Baby Shampoo or a hypoallergenic soap. Gently pat areas dry with a soft towel.
- Call our office if any excessive bleeding that persists after pressure for 10 minutes.
- Call our office if there are any signs of infection such as excessive swelling, redness, or drainage.
- Avoid taken medications on an empty stomach.
- Do not wash your hair the day of suture/staples (if used) are removed. Wash it the following day, using baby shampoo only.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry.