

Post-Operative Instructions

Fat Transfer

It is very important that you follow these instructions, plus the post-operative instructions for your liposuction. Failure to do so can lead to poor results from your procedure.

*Rest the day of surgery.

*Starting the day after surgery, walk as much as possible.

*You may not put any pressure on the area of fat transfer for the first 72 hours. Therefore, if fat was put into your buttock, you may not sit for 72 or lay on your back for 72 hours. If fat was put into your breasts, you may not lay on your stomach for 72 hours.

*After the first 72 hours, you may sit or lay on the area where fat was transferred, but only for short (less than 30 mins) periods of time. Only do that 1-2 times a day. You may not increase this until 4 weeks after your surgery, at which time it can be slowly increased. After 16 weeks, you do not need to limit your sitting or laying on the treated area.

*DO NOT apply ice packs or cool compresses to fat transfer areas. Fat survival is reliant on the blood supply to the new fat and ice or cold may decrease that blood flow.

*Keep dressings clean and dry. You may shower starting the day after surgery. You may not bathe, use a hot tub or swim until all of your stitches are removed and all the incisions have healed.

*You may not do heavy lifting (over 10 lbs) or aerobic exercise for 4 weeks.

*If you experience fever, chills, large amounts of bleeding, unusual swelling or bruising or if you develop calf pain, chest pain, sudden shortness of breath or severe pain, call us immediately at

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*If you have any questions after your procedure, please call and speak to the Genesis Staff at (719) 579-6890.

