

Cynthia M. Goodman, M.D., Inc.

Plastic & Reconstructive Surgery
1240 SOUTH ELISEO DRIVE, SUITE 201
GREENBRAE, CA 94904
(415) 925-8555
(415) 925-4082 FAX

POST-OPERATIVE INSTRUCTIONS FOR FAT GRAFTING

1. YOU SHOULD BE ON BED REST FOR THE FIRST DAY. YOU MAY GET UP TO USE THE BATHROOM AS NEEDED. WIGGLE YOUR TOES AND FEET TO PREVENT BLOOD CLOTS IN YOUR LEGS.
2. BEGIN EATING LIGHT MEALS AND PROGRESS TO A REGULAR DIET AS TOLERATED.
3. CONTINUE TAKING ANTIBIOTICS AS PRESCRIBED.
4. TAKE ANY PAIN MEDICATION AS PRESCRIBED.
5. KEEP INCISION SITES DRY FOR 48 HOURS, AFTER WHICH TIME YOU MAY SHOWER.
6. NO BATHS OR HOT TUBS FOR ONE WEEK.
7. BEGINNING THE DAY AFTER SURGERY; CLEANSE THE INCISION SITES WITH HYDROGEN PEROXIDE, APPLY ANTIBIOTIC OINTMENT, AND COVER WITH A BAND-AID. THIS SHOULD BE DONE DAILY FOR 7 DAYS.
8. YOU SHOULD EXPECT SOME SLIGHT OOZING FROM THE INCISION SITES WHERE THE FAT WAS HARVESTED- THIS IS NORMAL. PLEASE CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING SYMPTOMS: *REDNESS, SWELLING, SEVERE PAIN, CLOUDY DRAINAGE, SHORTNESS OF BREATH, OR DIZZINESS.*
9. BE SURE TO AVOID PRESSURE TO THE AREAS FAT GRAFTED.