

J. Jason Wendel, M.D.

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Recovery Instructions

FAT TRANSFER (FAT GRAFTING)

This is an outpatient procedure.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow a balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

Bring a pillow to pad your chest while wearing a seatbelt.

Activities

Do not drive until you are no longer taking narcotic pain medications.

Walk as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 4 weeks.

Return to work in 1-2 weeks.

Physical therapy is not typically necessary for this procedure.

Treated Area Care

Wear a compression garment (i.e. – spandex type clothing) in the area where the liposuction was performed to harvest the fat for the fat injection for 4-6 weeks after surgery.

You may remove surgical garment(s) to sponge bathe and/or shower.

Avoid exposing scars to the sun for at least 12 months.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Keep steri-strips and/or surgical glue in place.

Keep incisions clean, dry and inspect daily for signs of infection.

You may wear makeup with sunblock protection.

For breast procedures, avoid bras of any type for 3 weeks.

Avoid wearing compression/restrictive clothing to fat transfer site(s) for 3 weeks.

What to Expect

Temporary stinging, throbbing, burning sensation, redness, swelling, bruising, and excess fullness.

Some swelling, bruising or redness in the donor and recipient sites.

Swelling and puffiness may last several weeks.

Redness and bruising may last 7-10 days.

Repeat treatment or serial treatments may be necessary.

Appearance

Filling in of previous contour irregularities.

Improved skin texture.

Firmer and smoother skin.

Follow-Up Care

With regular follow-up treatments, you can easily maintain your new look.

Instructions regarding surgical glue removal and scar gel treatment/application will be provided at your post op appointment.

Repeated treatments may be necessary.

When to Call

If you have increased swelling or bruising.

If swelling and redness persist after a few days. If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.

Managing Refill Prescriptions

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends. Messages received after hours or on weekends will be processed the next business day.

For Medical Questions, Please Call:

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.

