



PRE- AND POST-OPERATIVE INSTRUCTIONS FOR AUTOLOGOUS FAT GRAFTING TO BUTTOCKS

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

Pre-Operative Guidelines:

1. Discontinue ASPIRIN or ASPIRIN-containing products, VITAMIN E and NONSTEROIDAL ANTI-INFLAMMATORY AGENTS (such as MOTRIN or ADVIL) **2 WEEKS** prior to surgery. Aspirin and Vitamin E can increase bleeding. Avoid alcohol for 2 days before surgery and 7 to 10 days after surgery. You must stop smoking and/or using nicotine containing products **6 WEEKS** prior to surgery. Nicotine decrease oxygen to tissues and skin, thus delaying the healing process. You may be tested for nicotine peri-operatively.
2. You may receive prescriptions pre-operatively, please fill these prescriptions and have them ready at home prior to your surgery.
3. You may be asked to purchase a garment; you will need to bring this with you the day of surgery.
4. Prior to surgery, you will need to purchase Chux Underpads or bring towels from home to place in your car and on your furniture to protect your bedding, linens and car upholstery when you return home.
5. Shower the night before or morning of surgery and do not apply any lotions or creams to the skin prior to surgery. We do ask that one week prior to surgery you shave or trim any hair near the surgical site (this includes the mons or underarms). After you have shaved one week prior, do not shave again before your surgery. If you are having your arms or bra strap area treated, do not use deodorant. Do not wear any makeup, jewelry or contact lenses to the operating room. On the day of surgery plan to wear dark, comfortable clothing (gym attire is appropriate) and flat, comfortable shoes.
6. Do not eat or drink anything after midnight the night before your surgery. You may take morning medications with a sip of water.
7. Since you will not be allowed to drive after surgery, be sure to make arrangement for someone to pick you up from the hospital when you are discharged.
8. Notify the office immediately of any signs of fever, cold or infection during the week prior to surgery.

Medications:

1. **Narcotic pain medication (Tramadol or Oxycodone)** - You will be taking this medication as prescribed only **as needed** to help decrease pain postoperatively. Only take this medication if

your pain is not relieved with the ibuprofen and Tylenol. Most patients require prescription pain medication only the first or second day after surgery

2. **Advil (Ibuprofen)** – You will be able to take 600-800mg every 8 hours in addition to narcotic pain medication, if not contraindicated (gastric ulcers, kidney failure, previous gastric bypass, etc.)
*Over the counter ibuprofen tablet is 200mg therefore 4 tablets=800mg. Do not exceed 2400 mg in 24 hours
3. **Tylenol (acetaminophen)** – You will be able to take 650mg every 6 hours in addition to ibuprofen and narcotic pain medication, if not contraindicated (liver disease, etc). Do not exceed 4000 mg in 24 hours
4. **Valium (Diazepam)** - This medication can be taken as prescribed on an **as needed basis** to help with anxiety and/or muscle spasms. **You may take 1 tablet the night before your scheduled surgery date.**
5. **Keflex (Cephalexin) / Clindamycin (Cleocin)** – If given antibiotics, begin taking your antibiotics the first postoperative night you return home. Take these medications as directed. *If you do not receive antibiotics please disregard.
6. **Phenergan (Promethazine) / Zofran (Ondansetron)** - Take this medication as prescribed on an as needed basis to help decrease signs and symptoms of nausea/vomiting. *If you do not receive this prescription please disregard.
7. **Stool Softener** - The main complication associated with narcotic pain medication is constipation. We recommend taking Colace 100mg twice daily as well as Milk of Magnesia 15cc with each dose of pain medication until a bowel movement. This is just a recommendation. If you have a home regimen, please continue with this post operatively. If you have not had a bowel movement by postoperative day #5, take a stimulant laxative (ex: senna, dulcolax, fleet enema).

Post -Operative Guidelines:

After Your Surgery

1. Expect to feel swollen, distended, and bruised following surgery. This is to be expected and is due to the swelling in the tissues caused by fat removal.
2. For 1 to 2 days after surgery, bloodstained drainage will ooze from the incision sites. Oozing, even in large volumes, is normal and not harmful. Underpads/towels will absorb the oozing and keep your linens clean. Some patients have small amounts of oozing that continues beyond 48 hours. Do not be alarmed if your oozing continues up to 1 week after surgery.
3. Do not start any low fat diets or any weight loss plans for at least 3 months post operatively.

DRESSINGS

1. After surgery you may have bandaids in place and your garment will be put on prior to going home. You must leave your garment on for the first 48 hours. After 48 hours you may remove the garment and bandaids to shower. The garment can be washed at this time and needs to be immediately put back on after showering. Mild soaps are recommended to decrease risk of skin irritation. Do not tub bathe for 3 weeks postoperatively. If you are still having some drainage from liposuction sites, you can replace the bandaids. Otherwise, leaving open to air is fine.
2. The compression garments will be worn continuously (except when showering) for 2 weeks because it compresses the tissues and aids healing. After 2 weeks you may start wearing your garment for 12 consecutive hours per day for an additional 2 weeks.
3. If you have any external sutures, these are usually removed after 1 week.

ACTIVITY

4. Refrain from sitting directly on your buttocks. We recommend sleeping on your side. If you must sit, we encourage you to sit on the edge of the chair to avoid pressure on upper part of buttocks.
5. Avoid sitting on your buttocks completely for 3 weeks post- operatively.
6. We encourage you to walk regularly after surgery and take deep breaths. Early and frequent ambulation will prevent blood clots in your legs and decrease healing time. Taking deep breaths prevents post op lung problems. Walk every two hours around the house after surgery during the day.
7. Avoid activities that make your pulse or heart race for 7-10 days post operatively. You can resume light exercise 7-10 days post operatively.
8. High intensity buttock exercises (squats, lunges, etc) should be avoided for 6 weeks post operatively.
9. Driving is permitted when you are no longer taking narcotic pain medications and feel you can safely and comfortably maneuver the car.

General Information/Commonly Asked Questions:

10. Liposuction results will be apparent 2 to 3 weeks following surgery. It is important to remember that swelling and retraction of the skin will continue to improve for 4 to 6 months following surgery.
11. Not all the fat injected will survive. The amount of fat survival is variable from patient to patient. You should have your final result in 3 months.

12. Start massaging the areas where you had liposuction 24 hours after surgery. You can do this overtop of your garment using a rolling pin or your hands. Massage will help to decrease the firmness in the treated area.
13. Ensure you have adequate protein intake postoperatively to facilitate healing. Drink plenty of fluids (8-10 glasses/day) for the first week to keep well hydrated. You may want to avoid salt and spicy foods to help reduce fluid retention.
14. Pain medication may cause nausea, if you experience this take anti-nausea medication prior to taking pain medication and avoid taking on an empty stomach.
15. Generally, you can return to work within one week of surgery. This will vary from patient to patient. We still advise against sitting completely on your buttocks for 3 weeks.
16. When you call to make your follow-up appointment, please remind our staff of your surgery date and type of procedure so that you will be given a correct appointment date and time.
17. You may start scar treatment/scar cream 3 weeks post op once incisions are healed.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever, (over 101^º) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.

If you have routine questions or concerns, please call the office at (864) 560.6717. In case of emergency, call 911.