



NORTHEAST PLASTIC SURGERY  
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## **Fat Transfer Post-operative Instructions**

- Your post-operative appointment is scheduled for \_\_\_\_\_.
- You may change the 4x4 gauze sponge dressings at the donor harvest sites if the original dressings become moist or soiled. Your dressings will otherwise be removed at your first post-operative visit. Keep your garment in place. It should be worn for 4-6 weeks.
- Avoid compression at the recipient sites.
- Keep your donor site dressings and any recipient site dressings dry. Sponge-bathe only until further instructed at your first post-operative visit. Most patients are able to shower following the first visit. If your recipient site is facial in nature, you may apply Bacitracin or Neosporin at the fat transfer access site.
- You have received a prescription for \_\_\_\_\_ for pain relief. You may alternatively take Tylenol for pain relief.
- Avoid aspirin, ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol and products containing Vitamin E for 1 week following your surgery, as they result in a higher risk of bleeding. If you are taking blood thinners such as Coumadin or Lovenox, your regimen will be coordinated with your Coumadin Clinic and medical physicians.
- You may resume your pre-operative diet as tolerated.
- Restrictions are as follows:
  - You may walk as tolerated beginning the day of your surgery.
  - No driving for 1 week. You will be restricted from driving until all narcotic medications have been stopped.
  - No heavy lifting (> 5 lb) for 4 weeks.
  - No strenuous pulling or pushing for 4 weeks.
  - No strenuous aerobic workout for 4 weeks.
- Please refrain from nicotine-containing products for at least 4 weeks following your surgery. Nicotine reduces circulation and can therefore result in wound healing impairment.
- Despite the small size of the incisions utilized during fat transfer, any break in the skin has the potential to form a visible scar. There are a number of different modalities that can limit scar formation post-operatively. Starting 2 weeks post-operatively, we normally recommend that you utilize Epi-Derm™ Silicone Gel Strips from Biodermis™. This therapy may be purchased through [www.biodermis.com](http://www.biodermis.com). Silicone sheets should be applied overlying the healing scar for at least 12 hours daily, and ideally closer to 24 hours daily, with gentle cleansing of the scar performed once daily. An individual sheet may be re-used multiple times, with the average lifespan being 7-10 days. Alternatively, you may choose to utilize any number of silicone scar reduction gels (Kelocote®, Mederma®), and massage in a thin coat twice daily to the scar, for 2-3 months.

Please contact us with any additional questions or concerns.