



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Fat Grafting (Fat Transfer) Post-Operative Instructions

Post-operative Care

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Fill your prescriptions before your procedure. Take the prescribed pain and/or antibiotic medication as directed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications. Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activity Level

- Do not drive until you are no longer taking any pain medications (narcotics).
- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Unless stated on this form, discuss your time off work with your surgeon.

Care for the Treated Area

- Wear the compression garment recommended by your provider. The compression is needed in the area where the fat was harvested for 6 weeks post-op or per the surgeon's recommendation.
- 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).
- Apply Neosporin ointments to stab incisions
- Inspect daily for signs of infection.
- You may notice some slight drainage from the small incisions in your belly button for the first 2 to 3 days after your surgery. This is not unusual.
- No tub soaking while sutures or drains are in place.
- You may wear makeup with sunblock protection shortly.
- Stay out of the sun until redness and bruising subsides (usually 48 hours).

Swelling and Bruising

- After the surgery you will notice some bruising and swelling in the area of injection.
- Temporary stinging, throbbing, burning sensation, redness, swelling, bruising, and excess fullness is not unusual.



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- Bruising and swelling usually peak within 2-3 days after the procedure; and gradually subside after 72 hours. Swelling and puffiness may last several weeks.
- The discomfort and pain should begin to decrease within 48 hours after surgery.

Anticipated Results

- Improved skin texture.
- Firmer and smoother skin.

Follow-up Care

- At your pre-operative appointment, our office staff will schedule a follow-up appointment for you within 5-7 days following your procedure. At this appointment, Dr. Tran will check up on your wound and provide you with further care instructions.
- With regular follow-up treatments, you can easily maintain your new look.
- Repeated treatments may be necessary.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

References:

University of Michigan Health System. (2014). *Fat grafting: Post-operative instruction*. Retrieved from <http://www.med.umich.edu/1libr/Surgery/PlasticSurgery/Cosmetic/FatGrafting-postop.pdf>
Yadro Ducic, M.D. (N/A). *Cosmetic surgery: After fat grafting*. Dallas, TX.