

## Fat Grafting Surgery

Clinic Phone Number: (801)449-9990

### 1. Post-operative care:

**A caregiver over the age of 18 MUST be with you for 24 hours following surgery.**

- **Before and Immediately after your surgery- Go to [www.MobleyMD.com/care](http://www.MobleyMD.com/care).** There is a post-op care video(s) for you to watch. Begin this care when you are told to do so by Dr. Mobley- most often the first night.

### 2. How you should expect to feel after surgery:

- Procedures can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, 7-up, Gatorade, or other sports drinks. Eat a bland diet (saltine crackers and broth for starters).
- After surgery you will have some pain and discomfort due to the surgery, which is to be expected and should be controlled with pain medications (Tylenol or prescription pain medications only).
- **Escalating, severe pain is not typical and should be addressed.**
- Swelling is common after facial surgery. Swelling usually peaks at day 3, and slowly subsides after that. It is common for some minor swelling to last 2-5 weeks after surgery. Each patient is different in their healing process.
- When resting, **elevate your head above your heart** to help decrease swelling for the **first 3 days after surgery**. A **pillow or two** is all that is needed. \*Sleeping sitting up is not necessary.

### 3. Wound Care:

- You will need to **apply a cool (NOT ICE COLD) compress** to the treated area for the **first 48hrs**. Cut a standard bathroom washcloth into quarters. Have a bowl of crushed ice and water next to you where you are resting. Allow the washcloth pieces to

soak in the ice water. Remove two pieces and wring them out so they are no longer dripping but **still cool** to the touch and place on the areas injected with fat. **\*ICE COLD compresses can be harmful to the fat.**

- When the compresses no longer feel cool, exchange them for the remaining two in the ice bath.
- Use common sense, and, if the skin is getting too cold, remove the compresses for approximately 20 minutes before resuming cooling.
- You only need to continue this process for the waking hours.
- **Expect some oozing from the donor site** (often the buttock, knee or flank area). It is best to wear tight “yoga” pants for the first 1-2 days and keep a dry washcloth around the donor area to soak up any leakage.
- **Be aware your bed sheets can get stained from oozing from the donor site(s)** so plan around this and consider sleeping on your “less-nice” sheets and perhaps an old towel as well.

#### 4. Pain Management:

- Dr. Mobley will prescribe you a narcotic pain medication to help control your pain after surgery. They will explain in detail how and when to use them. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let them know in advance, so they are able to give you a more compatible pain medication prescription.**
- **Tylenol is the ONLY over-the-counter pain medication you are able to take after surgery for seven days. No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.**

#### 5. Common side effects of narcotics include:

- Constipation: Take stool softeners (MiraLax,) increase fluids and walk more.
- Nausea: Decrease narcotics, use a suppository, and take medication with food.
- Loss of appetite: This will improve over time and once you stop taking the narcotic.
- Sleepiness: This will improve once you stop taking the narcotics.

- You should **NEVER** drive or consume alcohol while taking narcotic pain medication.

6. **Activity/Exercise:**

- Following your surgery, **NO strenuous activity or exercise** for the first week.
- **Light mobility is encouraged and is vital to your recovery. Take short, frequent walks around your house to decrease the chances of complications, to decrease the possibility of developing a blood clot, and maintain good circulation.**
- **Do not lie in bed for extended periods of time.**
- One week following surgery, you can begin to increase your activity by 15% each day. By the 14<sup>th</sup> day following surgery, you should be back to your normal activities.

7. **Return to work:**

- In most cases you will be able to **return to work within a week** from your surgery. Each patient is different in their healing process so this can be discussed at one of your post-op appointments. A return to work form can be given to you at that time.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_