

# PERK

PLASTIC SURGERY  
BEVERLY HILLS

## POST-OP | *Fat Grafting*

(310) 400-6180

[concierge@perkplasticsurgery.com](mailto:concierge@perkplasticsurgery.com)

### **What will I see when I look into a mirror?**

You will have a small incision that may drain. You will have compression from where the liposuction is performed.

A small amount of dry blood on the dressing is normal.

The compression garment must be worn AT ALL TIMES for at least 2 WEEKS day and night 24/7 for the areas of liposuction. We will usually help you with your first garment change at your first postoperative appointment.

You may remove the garment beginning on the 3rd day before taking your first shower, however be sure someone is with you to help, as occasionally you can feel dizzy or light headed. This is normal. Sit or lay down for about 20 minutes BEFORE you shower. You then wear the compression garment at night for the second two weeks. Many patients continue to wear the garment for comfort. You can put the compression garment in the washer and air dry. If you wish, you may purchase a full length Lycra girdle without zippers at a department store to wear for comfort.

The body retains fluids in response to surgery so do not expect to see any immediate weight loss for the first 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than a decrease in pounds

Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3-4 months afterwards. The bruises will move down your body as they are absorbed.

### **How will the liposuction/fat grafted areas feel?**

Your will feel swollen and tight and may appear mildly bruised.

Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.

### **When can I shower?**

You may remove the garment beginning on the 3rd day before taking your first shower, however be sure someone is with you to help, as occasionally you can feel dizzy or light headed. This is normal. Sit or lay down for about 20 minutes BEFORE you shower.

### **What can I do after surgery?**

It is important to be walking early and frequently, move your legs and ankles when in bed. Keep legs elevated, when in bed, for the first 2-3 days. Please don't cross your legs as this can increase the risk for blood clots.

You should "take it easy" for several days following the surgery and gradually increase your activity as you feel more comfortable.

It is important to refrain from any strenuous activities for 3 weeks after surgery. Keep your heart rate below 100 beats per minute. Gradually work to pre-surgical activities beginning slowly at the 2nd week.

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## **When can I drive?**

You generally should be able to drive about three to five days after surgery if you feel up to it.

*You should never drive if you are still taking any pain medication other than Tylenol.*

## **When will I be able to return to work?**

Depending on the type of work you do, you should be able to return to your job as soon as you are comfortable. If your job does not require heavy activity, you should be able to go back in two to four weeks.

## **How much pain will I have?**

Most people experience muscle soreness as opposed to sharp pains for about 5-7 days after surgery. The pain medication we have prescribed should relieve your discomfort. You may take the pain medication every 4-6 hours as needed for the first 2-3 days after the surgery for pain and/or discomfort. It is best to take pain medication with crackers, jello, etc. Do not drink alcohol while taking pain medication.

## **What should I eat after surgery?**

A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet, high in protein, the next day.

If you have pain or discomfort, take the pain medication every 3-4 hours.

## **What medications should I use?**

*Pain medication:* I will prescribe a pain medication for you. Follow the directions on the bottle for their use. The pain medication will make you feel drowsy. Have someone assist you in your home and do not attempt to drive while you are taking the pain medication. A few days after surgery most women will find that Tylenol will take care of the discomfort. Do not use aspirin for five days after the surgery. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together.

*Antibiotic:* You will be given an antibiotic. If you notice some vaginal burning and itching (vaginitis) as a result of the antibiotic used during and after surgery, our office or your family physician can prescribe Diflucan.

*Stool softener:* Narcotic pain medications can sometimes cause constipation. An over-the-counter stool softener (Colace) is recommended if you are prone to this.

Prune juice mixed with 7-Up (half and half) for mild constipation

If severely constipated use Miralax first as it is a mild but effective laxative, Phillips Milk of Magnesia, and fleet enemas (regular or oil retention) as a last resort.

*Anti-nausea medication:* Some nausea is normal in the first 24-48 hours following surgery. If you are nauseated, please take the anti-nausea medication.

## **Can I drink alcohol?**

Do not drink alcohol for five days after your surgery.

## When will I be seen in the office after surgery?

You will normally be seen in the office within one week of your surgery and then at about one month, three months, and six months after surgery to monitor healing. Additional appointments may be necessary and will be determined by your recovery.

## Should I apply anything to the incisions to help make it scar better?

After all incisions have healed. We will give you instructions on how to improve the scar appearance.

## Should I get massages?

Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. Massage can begin 2 weeks after surgery. Request a lymphatic massage therapist. Suggested therapy is 2-3 times per week for 3-4 weeks. This allows for enhanced lymph drainage and for enhanced resolution of the swelling associated with liposuction.

## How will I know if I am having a problem?

These are complications that will require a change in care, I NEED TO KNOW ABOUT THESE PROBLEMS IMMEDIATELY:

**Hematoma** (blood collecting under your incisions) can occur within a few days of your surgery. The warning signs are:

- Severe pain that does not respond to medication
- Significant swelling
- Excessive or growing bruising

**Infection** is rare following breast reduction. It is normal to have a very small amount of drainage from your incisions for one to 2 days. Signs of infection are:

- Increased temperature
- Increasing drainage from the incisions
- Increasing redness around the incisions

**Leg swelling** with or without associated pain may indicate a problem with the vein circulation in your leg(s). Although some swelling is to be expected due to your surgery, intravenous fluids given to you during the surgery and your decreased level of activity, this swelling is normally mild, painless and affects both legs evenly. If you have a large amount of leg swelling (either one or both legs) or if you experience pain in your legs contact the office immediately.

**Breathing problems** after breast reduction are rare but can be a serious complication. If you develop any chest and/or back pain or the feeling of being short of breath you must contact my office or be seen in the nearest emergency medical facility without delay.

**Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact my office.