

**NADIA P. BLANCHET, M.D.**  
**804-320-8545**

**DISCHARGE INSTRUCTIONS AFTER FAT GRAFTING**

- Your incisions may leak a fair amount of bloody fluid after surgery. **THIS IS NORMAL.** Try to wear your compression garment as much as possible in the first week or two and as is comfortable after that.
- You may shower the next day after surgery, unless you have drains elsewhere in your body.
- Please expect to be pretty swollen and bruised after surgery. This will subside over time (weeks or months).
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Please walk a little bit every day after your surgery. However, you should not do any strenuous exercises for two weeks after surgery. After two weeks, you can resume your usual exercise routine, unless otherwise instructed by Dr. Blanchet.
- Please do not take your medications on an empty stomach as this can cause dizziness and nausea. Also, be aware that all pain medications can cause constipation.
- Please avoid ASPIRIN substances or any of the medications listed on your pre-op sheet for two weeks after your surgery, as this will increase your risk of bruising and poor healing.
- You may take over-the-counter Ferrous Gluconate (325 mg) twice daily for one month if you have significant bruising.
- You may find when you get home that you have gained weight after surgery. This is simply because of the IV fluids and will resolve in about two weeks.
- It will take a few months to see how much fat will ultimately “take.”
- Please do not apply any creams or lotions to incisions until cleared by doctor.
- The use of over-the-counter laxatives or stool softeners (Colace) is recommended post-op while taking prescriptive pain medicines.

- Smoking dramatically increases your risk of infection, poor healing and bad scarring. **Please refrain from smoking for at least one month post-op or until you are completely healed.**

PLEASE DO NOT HESITATE TO CALL DR. BLANCHET'S OFFICE WITH ANY QUESTION OR CONCERN. AFTER HOURS OR WEEKENDS, YOU CAN REACH THE DOCTOR AT 804-320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**