

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).
- Please walk a little bit every day after your surgery. However, you should not do any strenuous exercises for two weeks after surgery.
- Please try to minimize your intake of narcotics, as they are nauseating, constipating, and addictive.
- Please have over the counter laxatives at home in case they are needed. Please do not take any medications on an empty stomach.
- Please avoid ASPIRIN, Advil and Ibuprofen for two weeks after your surgery as this will increase your risk of bruising and poor healing.
- 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.
- Smoking dramatically increases your risk of infection, poor healing, and bad scarring. Please refrain from smoking or using any other tobacco products such as vaping, and nicotine replacements for at least one-month post op or until you are completely healed.**

PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911.

PATIENT SIGNATURE

DATE

02/2022

