

**DISCHARGE INSTRUCTIONS AFTER FAT GRAFTING**

- Your incisions may leak 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 2 days after surgery unless you have drains elsewhere in your in your body.
- Please expect to be pretty swollen and bruised after surgery. This will subside over time (weeks to 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, IBUPROFEN, or any of the medications listed on your pre-op sheet for 2 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 massage fat grafted areas as this can interfere with fat graft take.
- Please do not apply any creams or lotions to incisions until cleared by the doctor.
- **Smokers heal poorly in terms of infection and wound breakdown, and you are advised not to smoke, vape, or use nicotine replacements for 6 weeks prior to and after your surgery. Nicotine screening may be necessary the day of surgery. IF THE TEST IS POSITIVE, YOUR SURGERY WILL BE CANCELED.**

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

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**PATIENT’S SIGNATURE**

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**DATE**

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**CAREGIVERS’S SIGNATURE**

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**DATE**

