

POST-OPERATIVE INSTRUCTIONS FOR PATIENTS

LIPOSUCTION FAT GRAFTING

AFTER YOUR SURGERY, THERE ARE SEVERAL THINGS YOU SHOULD KNOW TO TAKE PROPER CARE OF YOUR WOUNDS AND HEAL AS SOON AS POSSIBLE:

- Follow a balanced diet with a focus on protein. Your decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Do not drink alcohol when taking pain medications. Even when not taking pain medications, no alcohol for 3 weeks because it causes fluid retention.
- Do not smoke. Smoking delays healing and increases the risk of complications.
- Start walking as soon as possible. This helps reduce swelling and lowers the chance of blood clots.
- Activities involving the affected sites should be minimized for approximately 2 weeks. Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of the surgery.
- You'll be discharged from the surgical center wearing a pressure garment over the treated area. You must wear the pressure garment for **4 weeks**. Wear pressure garment 24 hours a day. **Remove the lower compression garment while showering and machine wash and dry after 48 hours of wearing it continuously.** After showering, re-apply pressure garment and small bandages to cover areas of incisions that are still oozing.
- Follow up with Dr. Ferguson's outpatient clinic in _____ days. *Please call for an appointment, 801.507.1650.*

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CALL ANYTIME

YOU CAN REACH OUR OFFICE
ANY TIME (including after hours)
801.507.1650.

Notify us immediately with the following common signs of infection:

- Increasing redness or hot to the touch
- Increasing pain
- Yellowish or greenish drainage from the incisions, or a foul odor
- Increasing swelling
- Fever greater than 101°F
- Vomiting more than two times
- Bleeding from the incisions that's difficult to control with light pressure

Incision care:

- Remove all bandages and band-aids and **shower 48 hours** after the procedure. Your incisions will continue to ooze for 24-72 hours. Replace bandage over puncture sites when skin is dry, if they are still oozing.
- Always use a strong sun block if sun exposure is unavoidable (SPF 30 or greater).