



BOULDER PLASTIC SURGERY Prof., L.L.C.

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AFTER YOUR FAT GRAFTING

Returning Home From The Surgical Facility

To achieve the best possible result from your surgery, follow these instructions carefully. If you have questions or problems that are not addressed here, call our office and we'll be happy to help.

1. When you arrive home, make yourself comfortable and relax for the remainder of the day. Feel free to move around, but avoid any heavy exertion for 3-4 weeks. You'll feel tired and sore, and will sleep intermittently. Your energy levels gradually return. Take several rest periods during the day to "recharge".
2. If your stomach feels fine, progress to foods, as you desire. If you are nauseated, do not eat solid foods, just drink small amounts of clear liquids, until the nausea passes. If persists, call us.
3. During the first few days after surgery, take your pain medication as necessary, preferably after eating To avoid nausea. Most patients find narcotic pain medication unnecessary during the day after about 3-5 days, but still helpful at night for 10-14 days.
4. Your sleep cycle may be temporarily altered by surgery/ anesthesia/ drugs. If this persists, let us know.
5. *Ibuprofen (Motrin, Advil, Nuprin) or Tylenol is helpful starting early in the postoperative period, and for an additional 7-10 days following discontinuance of oral narcotics to take you through the soreness phase of your recovery. Aspirin should be avoided for 2 weeks before the planned date of your facial surgery.
6. Most of your discomfort occurs in the first 24-48 hours following surgery and will decrease each day thereafter. *You may resume normal activities as tolerated.* Normal activities include caring for yourself and lifting routine objects. Ask if you have any questions.
7. Take medications as directed.
8. Eat soft foods or drink liquids for 5-7 days (for facial fat grafting ONLY).
9. Keep head elevated (45 degree angle) in bed or "Lazy Boy" chair for the first week to 10 days following surgery.

10. No ice on grafted area(s).
11. Use ice packs to donor liposuction (harvest) area for 48 hours, then as needed.
12. Bending over or any position which places the head lower than the heart is to be avoided for at least 7 days.
13. Notify the doctor for any severe swelling in the grafted facial areas or severe pain on one side-much greater than the other side.
14. Rest for the first 48 hours. No Strenuous activities until O.K.'d by Dr. Kuisle or Dr. Hartley.
15. If you are not given an appointment after you leave the surgical facility, you will need to call the office to schedule one to follow up, within 4-5 days.
16. Call the office if you have any further questions or concerns. **(303)443-2277**