

THE FIRST GLANCE

FAT TRANSFER POST OP INSTRUCTIONS

Take your medications as directed when you get home. You may find the medications to reduce pain do not eliminate your discomfort 100%, but you will feel more comfortable. Pain medication is intended to reduce the pain to a tolerable level. Do not take any pills containing Aspirin, Ibuprofen, ASA or Arthritic Medication as they have a blood thinning effect and will increase your risk of complications following your procedure.

DO NOT APPLY ICE TO ANY AREA THAT FAT WAS TRANSFERRED TO.

DO NOT LIE ON AREAS OF INJECTION OR WEAR COMPRESSION OVER INJECTED AREAS.

Drainage of excess fluid is normal after liposuction from the harvested area. Have gauze, Kotex pads, or similar, at home to change your dressing. Wear clothing that you do not mind soiling. You will be required to keep the incision sites covered for at least 1 week.

You may shower 24 hours after your procedure. After the first day, if there is no further drainage you may use regular Band-aids over the incision sites. * No Baths, Hot Tubs, Lake water, Saunas, Steam rooms etc... for 4-6 weeks post-operative unless otherwise directed.

Bruising tends to last about 2 weeks. Swelling can be significant and can take up to 6-8 weeks to subside and up to 10 months for the final result to show. Swelling can increase during your menstrual cycle from intra-operative fluid injections.

Recovery varies in individuals. Most individuals feel uncomfortable for the first couple of days and depending on their occupation and extent of the surgery can return to work 1 week post-operatively.

Light exercise can usually begin 1 week after surgery and more strenuous exercise 3 weeks post-operatively. Remember that it is important to follow an exercise maintenance program to achieve the greatest results from the surgery. PLEASE NOTE: Bruising & Swelling may increase with exercise during the healing process.

DO NOT sleep with pets in the bed and avoid exposure to smoke to reduce your risk of infection. Smoking will also negatively impact your healing and scar formation.

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Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- *Coughing up blood / Bloody diarrhea*

After Hour Care

If there is a concern about your surgery or your healing please call The First Glance Clinic at 204-885-1419.

If the clinic is closed (evenings or weekends) or in case of an emergency please call Dr. Islur 431-302-5177

If after 3 attempts you cannot reach Dr Islur, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

It is important that you follow these recommendations carefully so we can attain your surgical goals.