

Liposuction with Fat Transfer (BBL) – Post Operative Instructions

Night Before Surgery

- Do not eat or drink anything after midnight unless otherwise instructed.
- Shower with antibacterial soap the night before and morning of surgery.

Day of Surgery

- Wear loose, comfortable clothing that opens in the front.
- Arrange for a responsible adult to drive you home and stay with you overnight.
- Bring all prescribed medications to the surgery center.

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision & Garment Care

- Keep incisions clean and dry.
- Wear compression garments as directed to reduce swelling and support healing.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Sudden asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Positioning

- Avoid direct pressure on transferred fat areas for several weeks.
- Use specialized pillow for sitting if instructed.

Compression Garment

- Wear compression garment continuously as directed, avoiding pressure on fat transfer sites.

Massage

- Lymphatic massage may be recommended for liposuction areas only.

Expected Recovery

- Swelling is expected in both liposuction and fat transfer areas.
- Final results may take several months as swelling resolves and fat stabilizes.