



C O U R T N E Y
P L A S T I C S U R G E R Y

Liposuction with Fat grafting

SCHEDULE Your first follow up appointments will be 1-week post-op, 1 month, 3 months, and yearly after that. (This may vary for some patients.)

ACTIVITY Take it easy for the first few days following surgery however, you should get up every 2-3 hours to walk around for about 5-10 minutes. Limit your lifting, pushing, and pulling to 10-15lbs for the first couple of weeks. Avoid all exercise and all aerobic activities which elevate your heart rate for the first 6 weeks. After 6 weeks you may ease back into your normal routine.

MEDICATIONS Do not take any of your medications on an empty stomach and take as prescribed. All pain and anxiety medications should be spaced out by 2-3 hours. Remember not to take any Aspirin containing medications.

GARMENT You will be sent home with a surgical binder that you'll wear for the first 24-36 hours. You may transition into the 1st stage garment after the first shower. You should wear your garment continuously for 6-8 weeks. It is okay to take a 1-2-hour max break. Machine wash on cold and hang to dry.

INCISION Your incisions will not be closed and will actively drain for the first couple of days. Maxi pads are great to use to help soak up the fluid. Use puppy pads to protect areas where you'll be resting. Inspect daily for any visible signs of infection. You may start using Biocorneum Scar Therapy once all incisions are healed. No sun exposure for 12 months.

BATHING Your first shower should be 24-36 hours after surgery. Have someone with you when you shower for the first time. It is normal to feel lightheaded or faint the first time you remove your garment. No submerging in any water for 8 weeks.

WHAT TO EXPECT A moderate amount of discomfort is to be expected. Most of the swelling usually subsides in 6-8 weeks. Lymphatic massages are not mandatory, however, they are highly encouraged. Bruising may be apparent beyond the areas of liposuction and grafting. This will improve daily. Do not use any hot or cold compresses. Temporary numbness or sensation changes may occur. You may also experience sharp pains, nerve tingling, or burning sensations. Expect to have some significant itching within 2-3 weeks of your surgery.

CONCERNS Look out for visible signs of infection such as but not limited to redness, fevers over 100.5, pain not controlled with medications, or if you notice greenish or yellowish drainage from incisions. Don't hesitate to call our office if in doubt.

SLEEP Head above heart for the first 2 weeks.