



Post-Operative Instructions Liposuction/Fat Grafting

1. Have a responsible adult staying with you for the first 24-48 hours. To prevent postoperative blood clot development, using assistance from an adult, try to get up as early as possible and move around as often as you can (start with hourly walks to the restroom and back and increase walking time as tolerated).
2. First day of surgery start with a clear liquid diet (plenty of fluids) then progress to a regular diet as tolerated. Start a high protein diet the next day after surgery. Eat every 3-4 hours.
3. Showering: When cleared by Dr. Markelov, you may shower with clean running water and a soap. No bathtub or soaking in the water for 2 months after the surgery or until cleared by Dr. Markelov.
4. Keep garment on at all times; remove only when bathing, unless indicated otherwise. Garment will be worn 6-8 weeks post-operative.
5. Sequential stockings to be worn for five days (if prescribed). If traveling back home via plane or long car rides, please wear stockings on the plane (may remove to shower).
6. You can expect a great deal of bruising and swelling after surgery with a lot of thin red drainage. It is normal to have swelling in the face.
7. Non-Strenuous activities or exercise for the next 6 weeks.
8. No aspirin or alcohol for 2 weeks after surgery (increases bleeding). Do not drink alcohol while taking pain medication at any time (this combination can be deadly).
9. No smoking for the entire period of recovery. Smoking can affect healing.
10. A low-grade fever (less than 101) is normal for the first 48 hours.
11. Sleeping Position as instructed by Dr. Markelov:
Abdomen Side Back
12. Take medication as prescribed. Do not use any lotion on your incision site until cleared by Dr. Markelov. Make sure you don't get constipated.
13. Notify the doctor immediately if there is an increase in pain, discomfort, bleeding or fever, observed wound opening, redness or heat and discharge (pus).
14. In case of a true emergency such as loss of consciousness, difficulty breathing, chest pain call 911 immediately.

