



DAINES PLASTIC SURGERY

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Fat Transfer

Post-Op Instructions

- Swelling and bruising are normal after fat transfer. Bruising should resolve within 10-14 days whereas swelling can sometimes last longer.
- Apply cool compresses to the treated areas for the first 2 days then alternate between warm, moist compresses and cool compresses for the next 5 days.
- Sleeping with the head of bed elevated for the first 2 days will also help minimize swelling.
- You will have a tiny incision under your belly button or inner/outer thighs. The stitches at this site are absorbable. If steri-strips were applied, leave them in place until they fall off.
- Ace wraps may be placed around the fat donor sites to provide support and minimize swelling. If the wraps become loose, you should re-wrap. Remove the wraps after 2 days.
- You may shower 2 days after your procedure unless otherwise instructed.
- Make-up can be applied after one week.
- Avoid vigorous exercise for two weeks after your procedure. Light exercise can be resumed after one week; however, it is best to limit activities that require bending or straining.
- Initial asymmetries are common and are caused by different degrees of swelling. They are not a cause for concern.
- If you have any questions or concerns during the healing process, please do not hesitate to call our office.