



DAINES PLASTIC SURGERY

FAT TRANSFER

POST-OP INSTRUCTIONS:

- Please do not **take aspirin, naproxen, ibuprofen, vitamin E, flaxseed oil, fish oil, or ANY herbal supplements** for 2 weeks prior and 1 week after surgery.
- 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.
- Sleep on your back in a recliner or with your head elevated for the first 48 hours to minimize bleeding and 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, DO NOT HESITATE TO CONTACT US AT THE
OFFICE (949) 209-1622**