

CAREOS

Discharge Instructions Liposuction / Fat Transfer

DATE _____

- Dr Sean Blaydon
- Dr. Tanuj Nakra
- Dr. Vikram Durairaj
- Dr. Emily Bratton
- Dr. Marie Somogyi
- Dr. Natalie Homer
- Dr. Aliza Epstein

CALL IMMEDIATELY FOR THESE PROBLEMS: Office (512) 458-2141 M-F 7:30 am-5 pm
After hours & weekends (512) 533-7355

- **Pain not controlled by medication.**
- **Fever over 101 degrees with increasing pain, redness, swelling, and drainage from wound.**

DRESSING

- You will have your post-op garment put on immediately after surgery. Do not remove the garment until the first office visit. You may remove the small wound dressing under your garment tomorrow.
- You should wear your garment at all times except when showering for 1 month, unless instructed otherwise by your surgeon.
- The dressing on the fat transfer donor site may be removed the next day. Expect drainage from the donor site for first 24 hrs. A towel may be used to absorb drainage that may leak from under the dressing while sleeping.

MEDICATION

- Continue your regular medications unless otherwise instructed by physician.
- Take prescription **pain** medication for moderate pain. Tylenol/Extra Strength Tylenol for mild pain. Take pain medication with food to avoid nausea.
- You were given pain medication in the surgery center. Next dose of pain medication at _____.***
- DO NOT** take Aspirin, Aspirin containing products or anti-inflammatory medications (NSAIDS e.g. Advil, Motrin, Aleve, etc.), for 2 days after surgery.
- Blood thinning medication such as Coumadin, Plavix or Aspirin can be restarted on _____.***
- Other medications: Ondansetron as needed for nausea. Next dose: _____
 Medrol Dose Pack starts _____

ACTIVITY

- Rest quietly at home for two days after surgery.
- Stay in the company of a responsible adult for 24 hours after surgery.
- When bending, bend at knees only, and not from waist.
- You may start walking immediately. Do not return to strenuous activities or aerobic exercise for 2-3 weeks, and until approved by your surgeon.
- Wear comfortable clothes that are not binding at the waist for the first for 2 weeks.
- Protect the bruised areas from the sun until the bruising fades completely.
- Do not drive** while taking prescription pain medication. **Do not smoke** for 2 – 4 weeks following surgery.

HYGIENE

- You may shower 24 hours after surgery.

DIET

- Resume regular diet.
- No alcoholic beverages for 1 week after surgery, or while taking prescription pain medication.

OTHER _____

FOLLOW UP APPOINTMENT _____ days. PLEASE CALL 512-458-2141 FOR APPOINTMENT

I have received and understand these instructions. _____
 Patient/Representative Reviewed by _____

If you have any questions **immediately** after surgery call CAREOS M-F 7am-4pm (512) 458-4391.