CAREOS

Discharge Instructions Liposuction / Fat Transfer

DATE_____

❑ Dr Sean Blaydon ❑ Dr. Tanuj Nakra ❑ Dr. Vikram Durairaj ❑ Dr. Emily Bratton ❑ Dr. Marie Somogyi ❑ Dr. Aliza Epstein ❑ Dr. Donovan Reed

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

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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.**