

LIPOGRAFTING INSTRUCTIONS

YOU WILL NEED TO PURCHASE: Girdle (biker shorts etc.), Antibiotic ointment (Polysporin or Bacitracin), and prescriptions.

THREE WEEKS BEFORE SURGERY: Stop all products listed on the aspirin sheet. You may resume use of these products two weeks after the surgery.

EVENING BEFORE SURGERY:

1. **NOTHING** to eat, to drink, or smoke after midnight if having general anesthesia.
2. Shower/ bathe wash hair.
3. Take medications as directed

MORNING OF SURGERY:

1. Shower/ bathe wash hair if not done the night before. Wash face thoroughly.
2. Remove all jewelry and metal items prior to arrival.
3. Bring girdle with you on the day of surgery.

AFTER THE SURGERY:

1. Remain quiet. Keep head elevated on 2-3 pillows for the next 7-10 days. Apply ice packs to the affected area as much as possible for the next 72 hours. Make ice packs by placing soft washcloth, cotton pad, or 4x4 gauze pad in a bowl of melting ice and wringing out thoroughly before applying. Or, use frozen peas in a plastic bag with a thin washcloth between the plastic and your skin.
2. You may apply polysporin to the injection areas three (3) times per day.
3. Leave your garment on 24 hours a day, except to shower, for 4 weeks. You will wear this for one more week only at night. You will have fluid leaking from the site wear the fat was removed for about 8-12 hours. Change gauze pads as needed.
4. **DO NOT** do any bending, stretching, or heavy lifting. Normal, leisurely activity can be resumed whenever you are comfortable; however, strenuous activity should be avoided for 10-14 days following surgery.
5. You may shower and shampoo your hair the day after surgery. Use lukewarm water. Do not stand under the water continuously.
6. You **MUST** be sure to do deep breathing exercises for the first 48 hours after surgery. Do 20 deep breaths every two (2) hours while awake. Big breaths in thru the mouth, **HOLD**, and slowly exhale. This clear anesthesia out of your system quicker, and prevents lung infection.
7. Do not travel by air for four (4) weeks, as this will increase swelling.
8. Avoid baths for one (1) week and hot tubs for four (4) weeks after surgery.
9. Swelling, bruising, and tightness are normal complaints, but if there is excessive swelling accompanied by excessive bruising and pain, or if you have a temperature above 101 F please call.