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## **Fat Transfer Aftercare Instructions**

Immediately after surgery, you will have some numbness and swelling in the fat donor site (usually your abdomen). After the numbness fades, there will be some soreness, but it will be manageable. The recipient site may have some swelling and bruising, but generally this area is not painful. You can remove dressings after 24 hours, shower, pat dry. A small amount of Vaseline applied to incisions is suggested, as it speeds healing, and is soothing.

**Please text Dr. Camp immediately at any sign of infection which would be signaled by fever, increased pain, new redness or swelling in the surgical sites.**

### **POST-OP**

Cold compress and sleeping with head elevated on a couple pillows helps with swelling. Only apply the ice packs for 20 minutes at a time, three times a day. Do not run, lift weights, play tennis, or golf for 1-2 weeks after surgery. (Keep your heart rate under 100 for 3 weeks.) This helps prevent bruising.

### **GENERAL INSTRUCTIONS**

It is important to be seen by Dr. Camp after your initial post-op checks. We will schedule your first follow-up appointment at 4 weeks post op.

**IF YOU HAVE AN URGENT QUESTION REGARDING POSSIBLE INFECTION, PLEASE TEXT DR. CAMP 612-208-4179.**

If you have an urgent concern about a possible infection, please text Dr Camp on his phone. If you have recovery questions, please contact the office during business hours. **612-424-2767 info@echelonspecialists.com.**