

Fat Transfer Patient Instructions

1. Shower the night before or morning of surgery using antibacterial soap, such as Dial. Gently wash your face the morning of surgery. Please do not apply any makeup.
2. Some swelling and bruising is normal after lipotransfer. It can last anywhere from 2 weeks to months – every patient is different. Therefore, cold compresses should be applied for the first 72 hours after surgery. 20 minutes on / 20 minutes off while awake. If Arnica is prescribed to control this, start it the morning of the procedure.
3. You will have one small incision either just under your belly button or inner thighs. The stitches at this site are absorbable and do not require removal. You may clean the incisions with dilute hydrogen peroxide and apply bacitracin antibiotic ointment to the sites twice a day for the first post-operative week. You may shower in 48 hours. Discontinue the antibiotic ointment after 1 week. If steri-strips are applied, leave in place until they fall off.
4. An abdominal binder or Ace wrap is placed to provide support during the healing process. You can remove the wrap in 3 days. If wrap becomes loose, you can re-wrap. If needed, you can continue to wear the wrap to minimize swelling.

Don't take any chances! If you are concerned about anything, please give us a call at 715-828-2368.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Robert J. DeFatta, MD, PhD, FACS