

## HAND & PLASTIC SURGERY CENTRE, P.L.C.

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*Surgery of the Hand & Upper Extremity*  
*Microvascular Surgery*  
*Plastic & Reconstructive Surgery*

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### **Notify the doctor if any of the following problems arise (616) 459-4131:**

- Fever of 100.5 for 24 hours
- Persistent vomiting
- Unusual redness, swelling, bleeding or increased pain
- Develop hives, diarrhea or other reactions to medicine
- Any other questions or concerns

### **AT HOME AFTER FAT GRAFTING SURGERY:**

- You may experience swelling as well as bruising after surgery. The amount of swelling and bruising depends on the extent of surgery as well as the individual's tendency to bruise.
- You may find it helpful to sleep on your back with 3 to 4 pillows behind your head and back for the next 3 nights after surgery. This will help decrease any edema (swelling).
- Wear compression garment in the area where the liposuction was performed to harvest the fat for the fat injection for 1-2 weeks post-op.  
**\*If you had fat grafting done to breast(s) w/o permanent implants you should wear surgical bra for 1-2 weeks post-op.**  
**\*If you had fat grafting done to breast(s) with permanent implants you should wear surgical bra for 3-4 weeks post-op.**
- Apply ice to fat injection areas (face only) for the first 72 hours. Apply for 10-20 minutes hourly while awake.
- 48 hrs after surgery you may remove the gauze dressing and shower allowing soap and water to run over steri-strips and pat dry. Replace gauze dressing as needed to control any drainage from your incision(s). If steri-strips are on incisions they will likely fall off within 1-2 weeks. If they do not fall off by themselves you may peel them off. Be cautious with water temperature due to decreased sensation. Remove garment to shower then replace.
- Return to work will vary depending on the job type.
- Avoid strenuous activities for the first week. You may return to normal activities after 3-4 weeks.
- Avoid sun exposure to new incision areas. These areas are very sensitive to sunlight and can be easily burned for up to a year following surgery. We recommend sunscreen to all healed incisions.

**POST-OP APPOINTMENT:** \_\_\_\_\_

**PRESCRIBED MEDICATION(S):** \_\_\_\_\_

Please take Narcotic/OTC medication as directed and as needed. DO NOT drive or operate machinery if you are taking a narcotic. If you are prescribed antibiotics, take as directed until gone. Taking an incomplete course can lead to recurrence of infection. Please take antibiotics with food as this may cause upset stomach. Please ask physician before you begin taking aspirin, motrin/ibuprofen or other anti-inflammatory medications, as these can increase risk of bleeding. **\*\*IF NAUSEATED, TRY NON-ACIDIC LIQUIDS, DRY TOAST OR OTHER BLAND FOODS\*\***

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Hospital Staff Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Physician Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_