



PLASTIC SURGERY INSTITUTE OF OHIO

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POSTOPERATIVE FREE FAT TRANSFER INSTRUCTIONS

1. Apply ice to areas where fat was transferred to reduce swelling/overflow.
2. Apply ice to donor area (tummy or buttocks) where fat was removed. Some leaking of fluid and bruising is to be expected.
3. Take your medications as prescribed:

Antibiotic: _____

Pain Medicine: _____

4. Numbness in areas that were treated is expected for a short time.
5. If free fat transfer (fat graft) was placed in the buttocks, try to offload the area of any pressure for the first 2 – 3 weeks. It is recommended to sleep on your side and tummy and do not sit for prolonged periods. It is okay to use the toilet in the normal fashion.
6. Return to office in seven days to have stitches removed. Call office at (216) 561-0312.
7. No strenuous activity.

