**Post-Operative Instructions**

**Fat Injection to Large Area – Buttocks**

Please read the instructions carefully. Should questions arise during your recovery, please use the contact information at the bottom of the sheet.

**Immediately after surgery**

* Do not massage area.
* Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. in a solarium or by sunbathing) or extreme cold.
* Sponge baths may be used for hygiene for the first 2 days. Showers are allowed 48 hours after surgery. After the shower, pat the incisions dry and apply antibiotic ointment.
* No HOT or WARM compresses.
* Avoid sitting down for long periods of time for the first 4 weeks; use the recommended buttock support for sitting.
* No smoking for 3-6 weeks and no alcohol for 1 weeks after surgery.

**You can expect**

* Moderate discomfort, which should be relieved by the pain medications.
* Bruising and redness in areas where the fat was injected.
* Areas of fluctuating hardness and swelling.
* Some bloody drainage on the dressings.

**As time goes by and you are healing, the following guidelines apply**

* May sleep on sides or stomach (depending on what other procedures you have had)
* Avoid pressure on the injected area by using a Boppy (nursing) or buttock support pillow.
* Over a few weeks, the amount of transferred fat will decrease. At times, more fat may need to be transferred to maintain the desired results.
* Exercise is permitted without restrictions 4-6 weeks after surgery.

**Call the office if you experience**

* Severe pain not responding to pain medications.
* A fever above 101 Fahrenheit.
* Excessive warmth at injected areas.
* Increasing and expanding redness at injected areas.

**Call the office at (703) 255-4922**

**AFTER HOURS you may reach Dr. Yousefi at 703-969-0637**

**For Emergencies Call 911**