



# Deborah J. White, MD,PC

## POST-OPERATIVE INSTRUCTIONS FOR FAT TRANSFER

1. Do not mash on freshly implanted fat.
2. Blood-tinged drainage from the harvest site incision is normal. You may shower 24 hours after your procedure.
3. If you are taking narcotic pain medication **DO NOT DRIVE OR DRINK ALCOHOL.**
4. Take Tylenol for minor pain. Do not take aspirin or aspirin-containing products.
5. Take all of your antibiotics until they are completely gone.
6. Watch for increasing redness, tenderness, fever, or chills. Call the office promptly for these symptoms.
7. Cool compress (gel freezer pack or frozen peas) to the donor site the first 24 – 48 hours can reduce swelling as can elevation of the area above your heart. (e.g. on pillows)

Follow-Up Appointment at Dr. White's Office: \_\_\_\_\_

