
DOUGLAS SIDLE, MD
Facial Plastic and Reconstructive Surgery

FAT INJECTION SURGERY INSTRUCTIONS

You will need to purchase: Hydrogen peroxide, Q-tips, antibiotic ointment (Bacitracin or Polysporin), and prescriptions (if ordered).

General Information:

1. Local anesthesia tends to wear off within 1 hour after discharge. If you need pain medication, please take with food.
2. Avoid direct physical contact to the incision and /or injection site. As a general rule, avoid sporting activities for 5-10 days after surgery.
3. Do not put your fingers to the incision and /or injection sites.
4. Avoid exercise and sporting activities for 5-10- days after surgery.
5. If you are given an abdominal binder, it is to be worn for 48 hours after surgery. This may be removed to shower.
6. Personal hygiene may be resumed 8 hours after surgery. Blot dry --- **DO NOT** rub the towel over the injected area.
7. You may return to work the following day. Should you require more than a day, a letter can be written on your behalf.
8. You may resume your diet/meals within 2 hours of the procedure. We suggest that your first meal be a light one, as some medications can increase stomach sensitivity.
9. The injected fat may be slightly irregular and lumpy. This is normal and will eventually smooth out. However, light massage of the area may speed this process along.
10. Take your pain medication every 4-6 hours, if needed. Always take narcotic pain medicine with food to decrease nausea. If you have minimal pain, take extra-strength Tylenol **ONLY. DO NOT** take ibuprofen or any aspirin or aspirin-like product. If you have no pain, do not take any medication.

Please do not hesitate to call Dr. Sidle if you have any questions or concerns.
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