

# STEPHEN EVANGELISTI, M.D.

*Aesthetic and Reconstructive Surgery*

## POST-OPERATIVE INSTRUCTIONS FOR FAT GRAFTING TO BUTTOCKS

### Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **Narcotic Pain medications may cause constipation. To prevent constipation, you may begin an over the counter stool softener (i.e. Colace). If you experience Constipation Magnesium Citrate will help alleviate discomfort.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is **only** required if directed by this office.
- **Do not take any of the following medications for 1 week after your surgery:** Advil, Motrin, Ibuprofen, Aleve or any medications that contain these products.
- If you choose not to take any narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take for the first week.

### Garments

- If it was necessary for you to have a garment, you will have been placed in it at the time of surgery. If you were placed in a garment, this is to remain on 24 hours a day for 3 weeks until your first post-operative appointment. They may be taken off for showering. This will help to reduce swelling, reform the skin, and shape the buttocks.

### Showering

- You may shower the day after your surgery. You can remove the garment for this purpose.

### Pain/Discomfort/Swelling

- You will have moderate to severe discomfort in the surgical areas. Please use the pain medication prescribed by this office to alleviate this discomfort.
- The surgical areas of liposuction will be bruised and swollen for a number of weeks. It will take 6-12 months for all the swelling to resolve. Avoid aggressive rubbing of the surgical areas for 3-4 weeks.
- It is recommended to avoid direct pressure to the buttocks or lateral hip area. It will be uncomfortable and somewhat tender or painful. If possible, sleep on your abdomen/side or use a pillow under your posterior thigh to avoid pressure to the area.

1901 Lac De Ville Blvd.  
Suite 2  
Rochester, New York 14618

Phone: 585-325-1120  
Fax: 585-423-0471

**SLEEPING AND SITTING:**

- For the first two (2) weeks you should sleep on your stomach and not on your backside during this time, avoid putting direct pressure on your buttocks. If you have to sit, sit forward use a very soft cushion for your lumbar area. From week three (3) until week six (6) you should also sit on cushions when sitting for prolonged periods.

**Drainage**

- Expect LARGE amounts of red, watery drainage from the surgical donor site puncture wounds for a 24-36 hour period after surgery. The surgical center will provide you with a plastic absorbent pad to go onto your car seat and bedding. You can also purchase a shower curtain liner to place under your bedding over the mattress or over the piece of furniture you will be recovering on for the first 24 hours.

**Driving/Lifting**

- You may drive as long as you are **not** taking narcotic pain medication.
- Bed rest is suggested for the first 24 hours after surgery. You may then resume light activity during the first week.
- Full activity, including exercise and aerobics, may be resumed 4 weeks after your surgery.