Post-Operative Instructions

Dr. (enter physician name) and staff carefully prepared the following post-operative instructions. Please follow these very important instructions for the recovery process after your Stromal Vascular Fraction Deployment. If you have any questions, please contact our office at (XXX) XXX-XXXX. If you need assistance after hours, please call (XXX) XXX-XXXX

Immediately after your Surgery

* We recommend that you rest after surgery. Keep calm and **avoid any strenuous physical activity, heavy lifting, or athletics for the next 7 days**.
* It is normal to experience certain amounts of discomfort on the liposuction area, similar to pain caused by strenuous physical exercise. However, please call us immediately if you experience any of the following: **deep abdominal pain** (similar to a severe upset stomach), abdominal rigidity, or extreme abdominal pain aggravated by movement, light headedness, pounding heartbeat, or vomiting.
* Keep the abdominal binder in for the next 5 days, even during sleep. The purpose of the abdominal binder is to compress the liposuction area and prevent any bleeding or formation of blood clots on the area. It also helps in keeping the skin tight and flat where liposuction was performed. It is normal for body fluids to drain from the liposuction port. Replace the dressings whenever it is soaked. Call us immediately if the dressings become severely soaked with blood or if you need to change dressings more than twice in the span of an hour.
* You can take a shower the following day after the procedure. Check the dressing for drainage and the skin for red bumps and irritations surrounding the stitches. If the dressing has no drainage, you may not need to apply a new dressing. Apply Neosporin or Bacitracin on the liposuction port until stitches are removed. If bumps or irritations are observed, discontinue the use of Neosporin or Bacitracin. Reapply the abdominal binder every time you shower over the course of the next 5 days. The abdominal binder eliminates space between the skin and the fat tissue, as well as prevents potential bleeding sites.
* It is normal to experience some small bruises on the abdomen where liposuction was performed. Call us immediately if you notice a big hematoma (solid black spots or blood clots) that is more than 2 inches in diameter. In addition, some patients experience numbness on the liposuction site for several days.
* It is recommended to ***apply ice packs on your abdominal area for 10 minutes at an hourly interval*** or as frequently as possible. Cold ice packs are used only during the first day after surgery. Then apply warm compress after 24 hours.
* Call us immediately if you experience **fever on the 3rd day** after the procedure.
* Eat a good meal and take your medications as prescribed. Continue with your antibiotics and any other medications prescribed by your Doctor other than Aspirin or blood thinners.
* If you are taking low dose ***Aspirin*** as a routine prophylaxis, discontinue taking it for the next 14 days. If you are taking other blood thinner medications such as Warfarin, Coumadin, Heparin, Pradaxa, Xarelto, Aggrenox, Lovenox, Plavix, etc. for specific conditions, simply follow instructions given to you during surgery by our doctors.
* *If you take pain medication that contains codeine such as Tylenol # 3 or Percocet, DO NOT DRIVE nor operate any machinery* that requires your full attention. Pain medication that contains codeine can cause drowsiness and may impair your performance.
* You should take Acetaminophen 325 mg to 650 mg every 4 to 6 hours up to 4 times per day as needed for the first 2 to 4 days after surgery. Strictly no Non-Steroidal Anti-inflammatory medications NSAIDs (e.g. Ibuprofen, Motrin, Advil, Naprosyn, etc.) for two weeks after your stem cell procedure. However, if you have also undergone Platelet Rich Plasma (PRP) on the same day, avoid Ibuprofen and instead take Acetaminophen 325 mg to 650 mg every 4 to 6 hours up to 4 times per day. Do not mix prescription pain medication with Acetaminophen. All these medications should be taken with food. If you become nauseous, you should stop taking these medications. Elderly patients and patients with history of bleeding ulcers should take extra precautions when taking pain medication.
* Stitches, if applicable, on the liposuction port are to be taken out 7 days from the date of surgery.

Your Suture Removal Appointment is: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If you need to reschedule, call our office at (XXX) XXX-XXXX**

Your Suture Removal Appointment is Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **If you need to reschedule, call our office at 1-855-5 NE HAIR (63 -4247)**

Any questions or concerns, please contact our office at (XXX) XXX-XXXX