

**Adelaide  
Plastic  
Surgery  
Fat  
Transfer**



**Discharge  
Information**

# Fat Transfer Discharge Information

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## Post operative care

The area that the fat has been injected into can be washed and dried gently. It should NOT be rubbed or massaged for the first 3 days as this could result in greater dissipation of the fat. Makeup should not be applied to the area that has been treated for the first 24 hours.

The area where the fat has been taken from will have tape applied. You may get this area wet and pat dry or use a hairdryer on low to dry.

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## Bleeding

If the area bleeds:

- Sit down and rest
- Apply firm pressure over the area for 20–25 minutes.
- Ice packs can be applied to assist in controlling the bleeding.
- If bleeding does not stop please call and speak to one of the nursing staff on 8213 1800 Monday to Friday 9.00am to 5.00pm
- Outside of these hours please call 8213 1800 and listen to the message. You will be provided with contact details for our on call surgeon or nurse.

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## Pain or discomfort

If you are experiencing pain or discomfort take Panadol or Panadeine 4 hourly (as long as you are not allergic to these) with a maximum of 8 tablets in 24 hours.

Aspirin based analgesia should not be taken before or immediately after surgery as this can increase the tendency for you to bleed.

If the pain worsens over the first few days please phone and speak to one of our nursing staff.

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## Care at home

A percentage of the fat transferred will be reabsorbed by the body, therefore to achieve a good result it is necessary to over fill the area. This results in obvious swelling for a few weeks and quite possibly some bruising. You will require some down time in terms of work or social commitments until the area has settled.

30% of the fat will disappear in the first 2–3 days, another 30–40% will disappear in the next few months and about 30% will stay permanently. The procedure may need to be repeated several times until the desired effect is achieved.

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**Donor site**

The site from which the fat was removed will be tender and bruised for several days.

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**Any concerns**

Please phone 8213 1800 and ask to speak to our nursing staff Monday to Friday 9.00am to 5.00pm.

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**In case of an emergency**

Your surgeon or the on call surgeon can be contacted on 8213 1800 at any time.

**We deal with  
whatever life  
deals out**

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**Plastic, Cosmetic &  
Reconstructive Surgery.  
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