



Pre & Post Treatment Instructions for BeautiFill Liposuction & Fat Transfer

AFTER your BeautiFill Procedure:

- **DO NOT** drive for at least 24 hours following the surgery. **Avoid** alcohol until antibiotics are completed. **Avoid** hot tubs, swimming pools, baths and tanning beds for 4-6 weeks after the surgery.
- Rest on the day of the surgery. Move quickly after surgery. Mild exercise and activity can be resumed as tolerated and gradually increase each day. **Avoid** high-impact exercises or weight lifting for at least 4 weeks after the surgery. After restarting, increase gradually.
- **Do NOT** ice or pressure to fat transfer areas. Ice and cold compresses can be used on the areas of liposuction, on and off, to reduce soreness and swelling. Soreness and discomfort are normal during the first **3-5 days after surgery**. Most people can return to work within 3 days of surgery.
- Resume usual diet, drink plenty of water and **avoid** carbonated beverages. **Avoid** alcohol until antibiotics are completed.
- Drainage (a blood-tinged fluid) is normal and will drain from the small drain ports/ incisions during the **first 24-72 hours** following the surgery. Sit and sleep on towels or absorbent pads for the first 24-72 hours.
- Bruising and swelling is normal after the surgery and varies from patient to patient. It may take **weeks to months** for all the swelling to resolve.
- **Wear your compression garment!** Dr. Lynch suggests Marena Compression Step 1 garments. Use the garment 24 hours a day or the first two (2) weeks after surgery. After the first two (2) weeks, alternate the use of the garment; use the garment for 12 hours a day for an additional 2 weeks. Use the Avoid wearing underwear and clothes with tight and/or elastic waist bands under the garment; loose clothing is preferable.
- Take a shower 24 hours **after** the surgery. Remove the garment **slowly**, while sitting or laying back as to prevent a sudden drop in blood pressure and possible fainting.
- **Avoid** sitting for prolonged periods to avoid crease formation along the abdominal area where the skin has folded. After a fat transfer to the buttocks, use a cushion for sitting at all times for at least 1 month after the procedure.
- Expect the best results **6-12 months AFTER** the surgery.
- If you notice foul-smelling drainage, redness, excessive swelling and pain in the treated areas, please notify us **immediately**.

Any questions/ concerns – call our office at 480-800-8346