POST PROCEDURE INSTRUCTIONS
LIPOGEM PROCEDURE

ACTIVITY

- You should not participate in strenuous activity for at least 1-2 weeks following the procedure.
- It is important to rest and follow instructions carefully. Individual results may vary. Not all patients will have the same post-procedural recovery and activity level.

DRESSINGS AND INCISIONS

- There will be bruising from the harvest site. This is normal and will resolve in 1-2 weeks.
- If harvested from your abdomen, an abdominal binder will be provided. Wear this for comfort for 1 week, or until you are comfortable.
- The bandage from your injection site can be removed the day after your procedure.
- Call your physician if you develop drainage from the harvest site, bleeding or fever
- You may use ice to reduce the local inflammation or swelling. Apply ice bags wrapped in a towel for 20 minutes several times per day to reduce swelling.

PAIN AND INFLAMMATION

- You may use Tylenol (Acetaminophen) as needed for discomfort. If you need additional medication for pain control, please call the office.
- You should **not** take any steroids such as Prednisone or any other oral or inhaled corticosteroid for 4 weeks after the Lipogem procedure.
- If another physician would like to put you on a new medication or if you are not sure if a medication should be taken please call the office at 760-924-4084.

EMERGENCIES

- Contact the clinic if you are experiencing any unusual symptoms or pain.
- If you experience any signs of infection such as severe swelling, redness that is not improving, or fever greater than 101.5 degrees or chills.
- Contact the clinic for any other specific questions that you may have about your recovery.

FOLLOW UP CARE

- Please call the office to make an appointment for 6-8 weeks after your procedure.
- However, if your symptoms have resolved there is no need for a follow up appointment.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO CALL THE OFFICE (760) 924-4084.