

Dr. Jeffrey Cole
30140 Harper Ave. Suite 300
St. Clair Shores, MI 48082
Phone: (586) 415-6800

GLUTEAL FAT INJECTIONS POST-OP INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. The first 24 hours after return home from surgery, absolute bed rest. You may get up to use the bathroom only.
3. **FLUIDS ARE EXTREMELY IMPORTANT!** Drink fluids such a Gatorade, clear Juices, or water. Do not drink anything very cold or hot, room temperature is best.
4. You must wear your surgical garment at all times (other than showering) until you are instructed to do otherwise by Dr. Cole.
5. Ice the area 20 minutes on and 20 minutes off. Leave compression bandages from liposuction harvest area in tact for three (3) days.
6. Swelling and bruising is normal and complete recovery from this may take several weeks. No lifting, aerobics, running, ect.. Until authorized by Dr. Cole.
7. You may shower 24 hours after surgery.
8. Take your medications as prescribed.
13. No Aspirin or aspirin containing products for 72 hours post-operatively unless authorized by Dr. Cole.
3. NO driving, alcohol, or use of electrical devices for 24 hours post operatively.

If you have any questions, concerns, and/or problems call Dr. Cole
Office Phone: (586) 415-6800
After Hours answering service: (248) 544-6989

If you experience any of the following please contact Dr. Cole:

1. Severe pain not responding to the pain medication.
2. Temperature elevation over 100 degrees.
3. Marked swelling.
4. Any excessive bleeding.
5. Other questions or problems.

Post-Operative Appointment: _____

I have read and understand the above instructions.

Responsible Party/Relationship: _____

Patient's Name: _____

Witness: _____ **Date:** _____