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### **Fat Transfer Post-Op Instructions**

Do not lay or sit on your thigh for 2 weeks. Lay on your stomach when you sleep. Pressure on the transplanted fat cells limits survival.

It is very important that you stay hydrated. A good check to see if you're hydrated is to check the color of your urine. If your urine is yellow you need to drink more fluids. If your urine is clear you are drinking enough. It is important to monitor your hydration status because if you become dehydrated you may feel dizzy when standing.

You may walk the day of surgery and may take a shower 24 hours after surgery.

The garment should be worn for one month.