



WOODS MILL ORTHOPEDICS

224 S. Woods Mill Rd - Suite 330 South
Chesterfield, MO 63017
314-576-7013



Lipogems Fat Cell Injections Post-Operative Instructions

GENERAL INSTRUCTIONS

- Notify your Orthopedic Surgeon at 314-576-7013 if any of the following occur:
 - * Pain not relieved by prescribed dose of pain medication
 - * Fever >101.5 or chills
 - * White or yellow pus drainage from incisions.
 - * Foul odor from dressing.
 - * Continuous bleeding from incisions (small amount is acceptable).
 - * Call 911 if have shortness of breath/chest pain/changes in vision or speech.

PAIN RELIEF

- Your abdomen may be slightly sore for 1-3 days post procedure
- ** Your injection site may also have increased swelling and soreness post injections.
 - This **soreness may last 5-7 days**
- Over the counter medications like Ibuprofen or Aleve should be used immediately after procedure (only if approved by your primary physician!!).
- Tylenol can also be used if needed.

ABDOMINAL CARE

- There are TWO small incisions on each side of your abdomen where a large amount of anesthetic fluid has been injected. **It is important to REST after this procedure to prevent increased swelling/bruising.** Avoid activities for at least 3-5 days.
- These small incisions will seal on their own – NO stitches have been placed.
- A thick dressing and ACE WRAP have been placed to help minimize swelling and bruising.
 - * LEAVE ACE WRAP IN PLACE for 48 hours if possible
 - * Keep dressings CLEAN AND DRY
- On _____ remove Ace wrap and dressing and replace with bandaids if needed.
- SHOWER** – OK to shower on _____ after dressings removed. Do not soak in tub or pool for 7-10 days post-procedure.

INJECTION SITE

- Mild to moderate swelling and/or local inflammation at the injection site (ie. knee or shoulder) is possible up to 7 days post procedure.
- ICE**: Very important!! (Bag of frozen peas works well if no ice pack available)
 - Ice 4-5x per day --- 15-20 minutes at a time
- ELEVATE** as needed for first 3-5 days.
- REST**!! Avoid excessive activity for 3-5 days to prevent increased soreness and swelling.

FOLLOW UP

- Your next appointment is on _____.
- You may receive a phone call from one of our assistants to check your progress and ask the same survey questions that were completed prior to the procedure. This will help give us an idea how well the Lipogems Fat Cell injections worked to relieve your pain.