



Discharge Information



after Coleman fat transfer procedure

After care:

- You may experience bruising and/or swelling. This is usually mild and will settle after a few weeks.
- You may experience some mild pain and discomfort – you can take paracetamol and ibuprofen (if you take it) for this pain.
- Keep your dressings clean and dry for 48 hours.
- The area the fat has been taken from may appear lumpy – gentle massage to the area will help reduce the uneven appearance.
- If fat has been removed from your stomach/buttock area, we recommend you wear supportive underwear to help reduce swelling.
- Keep well hydrated post op.

Wound closure:

If stitches were required, you will be informed and told what type they were.

Dissolvable stitches: these dissolve in 1-3 weeks.

Non-dissolvable stitches: These require removal - you will be given information.

Things to avoid:

- Strenuous exercise and heavy lifting for 4 weeks.
- Smoking (smoking increases the risks of complications occurring).

Contact the Maxillofacial team, Surgical Hub or your GP if you have:

- A fever.
- Redness around the wound area.
- A marked increase in swelling/pain.
- Burning sensation around the wound.
- Bleeding at the site of the operation.
- Persistent discharge/pus from the wound.
- Any questions/concerns about your surgery.

Key contact numbers:

The University Dental Hospital:

Monday to Friday 9am-5pm – **02921 842416**

After 5pm or on weekends/bank holidays - Call the hospital switchboard on **02920 747747** and ask for the 'Oral Surgery resident on call'

Surgical Hub (Monday – Friday 7am – 7pm): 02921 826510 or 02921 826348

Your GP or 111

