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Patient Instructions Following Lipoaspirate Injection

You have just successfully undergone a lipoaspirate injection. It is our hope that over time, this will help improve your pain and diminish your pain.

Two medications were injected: an anesthetic (numbing medication); and lipoaspirate.

- The anesthetic (e.g. lidocaine) was used to numb the injection site.
- Lipoaspirate was injected

As a precaution, we ask that you adhere to the following post-injection instructions:

- An absorbent dressing pad and a compression tape was applied to the area. The bandage is recommended to stay on for 24-48 hours following the procedure.
- You may take acetaminophen only if necessary for pain. AVOID anti-inflammatory medications for 2 weeks.
- Mild to moderate swelling and/or local inflammation at injection site and/or site of tissue harvest for up to 4-5 days post-procedure is expected.
- Ice may be used to reduce local inflammation/swelling.
- Bruising at or around site of tissue harvest is expected.
- If a “ball-like” collection of fluid and/or blood (seroma or hematoma) is observed (although rarely seen), you should contact the physician at DFW Sports Medicine at (469) 430-9380.
- An infection in the harvesting area is extremely rare and does not typically occur before 4 days after the procedure. If you notice **increased** pain, swelling, redness, fever, or oozing from the tissue harvest area, then contact the physician immediately.
- A follow up post procedure exam will be scheduled for about 2 weeks.

For any questions or concerns, do not hesitate to call DFW Sports Medicine and speak with the physician.



Phone: (469) 430-9380

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