

Fat Grafting Pre and Post Op Instructions

To and From Surgery

On the day of surgery, plan for someone to drive you home, we recommend that you have someone watch over you at home as well. Be sure you have read and completed the Surgery Center paperwork before you arrive. You can call the surgery center to get more detailed instructions. Make sure you know how to get to the surgery center so you can be on time.

Diet

Before surgery, you are required to not eat or drink anything for eight hours. After surgery, be sure to drink enough water to prevent dehydration.

Physical Activity

Rest is recommended for the first few hours immediately after surgery. If at any time you feel dizzy after surgery lie down until you feel normal again. Later on you may take a short walk if you would like but nothing too vigorous. The day after surgery you should feel well enough to engage in light physical activity. You may carefully resume exercise 2 to 4 days after surgery. We suggest beginning with a light workout, steadily increasing the intensity as your toleration allows. While most people can return to a desk job within two to three days after surgery, expect to be sore in the treated areas. Do not drive for three days, as long as you are off narcotic pain medication.

Wound Care & Bathing

You may take a shower after three days. Do not sit in bathtubs, Jacuzzis, pools, or the ocean for seven days after the surgery. This decreases the risk of infection. Inflammation, swelling, and soreness will occur after the surgery and usually increases the second or third day. Swelling in the treated area after surgery will often make it seem like minimal improvement has been made, but this is normal. Bruising differs from person to person. The larger the area the more of a tendency there is to have bruising. Please do not ice the wound or area near the wound unless given clearance by Dr. Doezie.

It is normal for some fluid to drain from the sites where the sutures are located. Be careful when wearing nice clothing in anticipation that it may leak onto your clothing.

Medication

Take your antibiotics as indicated until finished. You may take your pain medication as needed. Seven days before and after surgery, do not take aspirin or ibuprofen (refer to the aspirin instructions sheet).

What Bring to the surgery center:

Photo ID

Credit Card (no personal checks)

Other Suggestions:

Paper or plastic bag for the car ride home just in case

A pillow for comfort on the way home

A bottle of water