

Post-operative Instructions Following Fat Grafting Surgery

Fat Grafting involves transferring a person's own fat from one area where it less needed to an area that has lost tissue volume due to the aging, trauma, surgery, birth defects, or other causes. Fat grafting can be performed as an ambulatory procedure when the following simple instructions are followed:

PRIOR TO YOUR SURGICAL PROCEDURE:

Please discontinue all aspirin containing medicines 2 weeks prior to your surgery. These medicines include: **Motrin, Advil, Aleve, Excedrin, Bufferin (for a complete list, please contact our office.)**

Begin taking the medicine prescribed for your procedure that needs to be taken prior to surgery. An example of this is the **Arnica Montana/SINECCH™**.

- Please avoid drinking alcohol and wine 48 hours prior to surgery.
- Please avoid drinking herbal teas and herbal supplements 1 week prior to surgery (St. John's Wort, Eccinechea).
- Please avoid caffeine drinks 48 hours prior to surgery (coffee, energy drinks).
- Please have nothing to eat or drink after **12 midnight**, the night before your surgery.
- Please wear comfortable clothes the day of your surgery. We recommend wearing a shirt that buttons up or zippers in the front.
- Please wear cotton underwear the day of your surgery. This may sound like an unusual request, but nylon and synthetic fabrics should be avoided in the operating room.
- Please arrive on time, this helps us avoid delays.
- Please arrange for an escort to take you home after your surgery. No one is allowed to travel home by themselves.
- Please arrange for a car ride home, this will aide in your comfort.
- On the day of surgery please refrain from wearing jewelry and leave your valuables at home.
- Please don't wear contact lenses the day of surgery and for two weeks after surgery.
- My office staff will call you before surgery to inform you about the time to arrive at the office.
- Any other questions should be referred to my staff or myself. We are happy to discuss anything with you.

We want your experience to be a pleasant and healthy one.

ACTIVITY AFTER YOUR SURGERY

1. You will have dissolvable sutures at the donor site (abdomen, thigh, or buttock). There will be slight bruising and swelling present at the donor site. Cool compresses will help reduce the swelling more quickly. **Avoid placing anything frozen directly on the skin.**

2. Keep your head elevated as much as possible. Lying flat may increase swelling. Sitting up, walking or resting with your head elevated is recommended. Sleep with your head elevated on 3-4 pillows and sleep on your back rather than on your side for the first 2 weeks.

3. You **may** have steri-strips on your face. Please keep them dry. They may become blood stained shortly after surgery, this often happens and is normal.

4. **Keep cool compresses on your face. Have a bowl of water with ice, at your side so that you can keep the cloth cold. Do not place anything frozen directly on the skin.**

5. Avoid straining or any activity that causes a feeling of pressure in the face and eyes. Avoid bending for two weeks, lifting anything greater than 5 lbs., or engaging in vigorous exercise.

6. Check with Dr. Zimm before resuming strenuous physical activity. You should not be driving if you are still taking pain medicine.

7. Eyeglasses can be worn after your surgery if you need them.

8. As best as you can, try to **avoid sun exposure for the next six weeks.** After that period, apply sunblock with at least 30 SPF or higher when going outside

9. Avoid the use of the hot tub or sauna for at least 6 weeks.

DIET

1. Begin with bland foods (clear liquids, broths, etc.) and advance as tolerated.

2. Resume a well-balanced diet including protein and high fiber foods.

3. Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

4. Increase fluids such as water and fruit juices (cranberry & apple juice are good choices).

MEDICATIONS

Take medications as directed by your prescription (on medication bottle).

1) Typically, there will be **pain medication** to be taken as needed:

If pain is mild, you may take extra strength Tylenol instead per manufacturer's directions. **Do not take any products containing Ibuprofen (including Advil, Aleve, Motrin, or Aspirin, etc.) in place of pain medicine.**

Occasionally, you may encounter a sore throat due to anesthesia. Lozenges, such as Cepacol can help to relieve this temporary discomfort.

WHAT TO EXPECT AFTER YOUR SURGERY

Some bruising and swelling is normal but **cool compresses** will help to minimize these effects. **Avoid placing anything frozen directly on the skin.**

Some discomfort bleeding, bruising, and swelling are normal, **but if you experience progressive or one-sided pain, bleeding, bruising, swelling or visual changes, you must report it to the office immediately.**

Occasionally a patient will run a low fever (about 100 degrees). Please notify us if it goes higher than 101 degrees.

Nausea or vomiting can occur for the first 24 hours following surgery. Please notify us if you are experiencing severe nausea and vomiting and are unable to keep liquids down.

Resuming social activities and returning to work depend upon the level of physical activity and public contact you require, as well as the swelling and bruising you may develop. While the average patient is able to resume work and social activities in a few days, this is not the case for everyone.

POST-OPERATIVE SCHEDULE

Your office visits after surgery will be on or around **Day 1, and 2 weeks** following your operation. Please plan accordingly. There will be several follow-up visits during the first year following your surgery.

With 90% of our patients, most of the swelling and bruising disappears by Day 14. Most of the residual swelling will probably be resolved by week 6 but the very last 10% of swelling may take up to a full year to disappear.

RESUMING ACTIVITIES

Wearing eyeglasses and sunglasses – the day after surgery

Driving – 1 week

Bathing, showering, and shampooing – the day after surgery but avoid the eye area

Smoking – 1 month

Alcohol – 2 weeks

Return to work or school – variable, but usually 7 – 10 days

Hair coloring or permanent – 3 weeks

Recreational swimming, jogging, tennis, weight training, cycling, and aerobics – 3 weeks

Competitive sports, contact sports, skiing, diving – 6 weeks

Anything else – please ask us!

You will be receiving a phone call from my office after your surgery. Please share all concerns and questions with us. Our phone number is 212-327-4600. We want your experience to be a pleasant and healthy one.