

Fat Grafting

Pre Procedure Instructions

Avoid aspirin, ibuprofen (Motrin, Advil, etc.), naproxen (Aleve), and other similar medications one week before surgery to help reduce bleeding.

Discontinue fish oils, vitamin E, and any other herbal supplements or remedies one week before surgery. Many of these supplements contribute to bruising. A multivitamin, Vitamin C, and zinc are all acceptable.

If you are prone to cold sores, and fat grafting is being performed on your lips, be sure to notify the office so that proper medication to prevent a flare-up can be prescribed.

Avoid any procedures or activities that might cause swelling before your procedure.

Take an over the counter antihistamine such as Zyrtec, Allegra, or Claritin. Start two days before surgery and continue for one week after surgery. This may help your swelling.

Post Procedure Instructions

Cold Compresses

For the first forty-eight hours, please apply cold ice packs for ten minutes at a time, four to six times a day. This helps reduce swelling. Do not apply ice directly to the skin; instead place a wet gauze or washcloth between the ice packs and skin.

Warm Compresses

After forty-eight hours you may switch to warm compresses to help reduce bruising. Apply them for ten minutes at a time, four to six times a day until bruising resolves. You may use gauze sponges, a wash cloth, or hand towel rung out with warm water only. Do not use hot water. Never use an external source of heat such as a heat pack or other commercial heating pad. You can burn the skin if the compress is too warm.

Bandage

You may remove the Band-Aids within four to six hours after surgery.

Diet

No special diet is necessary. Avoiding salty foods and MSG will help reducing swelling over the areas of fat harvesting.

Pain

Pain and soreness that can be controlled by medication may be present for several days after surgery.

Sensation

Some swelling, numbness and feeling of pressure may be present for the first several days. This is a normal part of the recovery. Please notify the office if there is any sudden, marked swelling or pain.

Grooming

You may resume showers the next day after surgery.

Activity

You may resume normal activities as tolerated. Limit motion that may stretch or strain the operative

site. Avoid over activity and any bending over.

Avoid all activities that could possibly elevate your blood pressure such as exercising, lifting, bending, straining, sexual activity, etc. for two days.

Swelling

Some swelling and numbness may be present for the first one to two weeks. Keep your head elevated as much as possible to help reduce the swelling. Please notify the office if there is any sudden, marked swelling or pain.

Emergency Contacts

Doctor Dorner is available twenty-four hours a day. If you are having problems please call the office at 614-336-9000 and press one to have him paged. Be sure to leave your contact information.

For any life-threatening emergencies, you should call 911.

Notes: