



THE NADERI CENTER

COSMETIC SURGERY SPECIALISTS

PRE-OPERATIVE INSTRUCTIONS FOR FAT TRANSFER

3-4 WEEKS BEFORE SURGERY

- *Obtain Medical Evaluation.* Make a visit to your primary care doctor to complete your medical evaluation and laboratory testing. Please ensure any preoperative requests are completed 2 weeks before surgery.
- *Work and Recovery Arrangements.* Make any arrangements to be off from work or other strenuous activities while you are recovering from surgery. Have extra help available, particularly if caring for small children.
- *Smoking.* Tobacco, cigarettes, and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise discontinuing these products more than 4 weeks prior to surgery.

2 WEEKS BEFORE SURGERY

- *Surgery Preop Appointment.* You will come in for your preop appointment where you will review the surgery plan with your surgeon and go over logistical surgery details with your patient coordinator. Bring your questions as well as any individuals that will be part of your support and healing
- *DIET/SUPPLEMENT RESTRICTIONS.* Avoid foods, drinks, and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over the counter pain medications.
- *Fill Prescriptions.* These may include antibiotics and/or pain medication for after the surgery as well as pre-medication to take prior to your procedure. Make sure you understand how and when to take all medications. We suggest keeping a note pad to keep track of the medications you have taken.
- *Watch the PREOP AND POST OP VIDEOS on our website:*
www.nadericenter.com

1 WEEK BEFORE SURGERY

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from the surgical center and who will stay with you for at least 24 hours after the surgery.

- *Arnica.* If provided, start your Arnica tablets two days before surgery. One in the AM and one in the PM and continue until the bottle is finished.

NIGHT BEFORE SURGERY

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- *Antibiotic.* Take your Antibiotic 24 hours prior to procedure. Continue to take your antibiotic until finished.
- *Set Up Home Recovery Area.* This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.
- *Bathing.* You can shower but do not apply lotion, perfume, hair product, etc.
- *Relax.* Stay calm and get plenty of rest to avoid unnecessary stress.

DAY OF SURGERY

- *Dress Comfortably.* Do not wear nice clothing. Dress in comfortable and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- Do NOT wear any makeup, jewelry, cosmetic creams, contacts, hair products, deodorant, sunscreen, and remove all piercings.
- *Arrival to Facility.* Have someone accompany you to and from the surgical center. Arrive at the pre-designated time and remember to bring a form of identification.

POST-OPERATIVE INSTRUCTIONS FOR FAT TRANSFER

NIGHT OF SURGERY

- *Movement.* Make sure to get out of bed and be up and walking around immediately after your surgery. When lying down, make sure you are moving your legs and ankles. Take deep breaths frequently to keep your lungs clear.
- *Sleep.* Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. Continue this for one to two weeks.

MEDICATIONS

- *Antibiotic.* Start your antibiotic tablet 24 hours prior to surgery and take all tablets as prescribed and until finished.
- *Pain Medication.* You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcomed to take Tylenol in place of the prescribed medication. Do not take the Tylenol with the pain medication, as most often the medication you are prescribed will have

Tylenol in it. **Do not exceed 4,000 mg of Tylenol in any 24-hour time period.**
Take medication with food to minimize risk of nausea.

- *Constipation.* You will experience constipation if taking narcotic pain relievers. Miralax or other over the counter laxatives are recommended. Do not wait to take until you are constipated. Begin treatment with narcotic use.
- *Nausea.* If you are experiencing nausea, which is common after general anesthesia as well as a known side effect of some stronger pain medications, we advise that you take your nausea medication.
- *Medications to Avoid.* Take only medications approved or prescribed by your surgeon. Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen) for 2 weeks before and after surgery. These medications may increase bleeding.
- *Substances to Avoid.* Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

NUTRITION

- *Diet.* A light low-fat diet is best after surgery. You may start a regular diet after your surgery as long as you are not feeling nauseated or vomiting.
- *Hydration.* Stay hydrated by drinking 8 -10 glasses of water a day. Avoid alcohol while you are still having to take pain medications.

ACTIVITY

- *Physical Activity.* Normal daily activity may be resumed a few days after surgery. Avoid bending, lifting, or straining for one to two weeks. Be extremely careful if wearing any "pull-over the head" clothing.
- *Exercise.* Light physical activity may be resumed 2-3 weeks after surgery. Remember to start easy and build back up to your previous exercise levels. At 6-8 weeks or when further instructed by Dr. Kulak, more intense exercise can be started. Just know that swelling may transiently be worse with exercise.
- *Driving.* Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Use good judgment.
- *Return to work.* Most patients require approximately 5-7days off work depending on their job responsibilities and the amount of physical contact your job involves.
- *Travel.* Automobile travel can resume immediately though frequent breaks are needed, approximately every 2 hours to prevent blood pooling and clots. Airline travel is restricted until 1 week postop. You will notice increased swelling with

airline travel and this can happen even 6-8 weeks postop related to the pressure changes that occur.

BATHING

- *Showering.* You may wash your hair and face as usual the next day after your surgery.
- *Hot Tubs/Baths/Swimming Pools.* No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

HOW TO TAKE CARE OF YOUR INCISIONS

- *Puncture Marks.* Fat transfer entry points, that resemble a puncture mark, will be found in a few spots on the face. Apply an antibiotic ointment (Bacitracin, Neosporin, etc.) to these areas until the areas have completely healed.
- *Incisions.* Small incision lines may be found on the areas where fat was harvested. There will be a tape dressing over these areas. Keep these intact until removed at your post-op appointment. Dr. Kulak will remove all necessary stitches at that time as well.
- *Sun Exposure.* Avoid and minimize sun exposure. Use an SPF of 30 or greater when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.

WHAT TO EXPECT

- *Drainage.* Some mild bleeding and/or drainage is not unusual at the incision sites or puncture areas the first few days after surgery. You may use gauze or a light pad to reinforce post-op dressings if this occurs.
- *Bruising.* You can expect to have bruising. Most bruises will heal after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.
- *Swelling.* Swelling is to be expected for weeks and sometimes months. The swelling can improve with intermittent rest and use of the headband. Exercise and physical activity can transiently worsen swelling but is encouraged. Cold compresses will help minimize swelling.
- *Itching.* Itching at the puncture sites and incision sites is normal for a few days. You may take Benadryl to help with this.
- *Pain.* It is normal to experience tightness, pressure, shooting pain, soreness, and fatigue for several days to weeks following surgery as you recover.

- *Sensory Changes in Skin.* You may feel numbness around puncture and/or incision sites. This is normal and should subside after a few weeks.
- *Weak or Dizzy.* You may experience some weakness or dizziness. This may be more evident if you try to stand up too quickly. Take a minute to go from lying down to standing. The sensation of feeling lightheaded will get better in a few days as well as by staying well hydrated.

DO NOT'S

- **DO NOT** place anything frozen **directly** on the skin, make sure it is wrapped in gauze pads, a towel, etc.
- **DO NOT** soak in baths, Jacuzzis, or hot tubs, or submerge your face in water until all incisions have fully healed.
- **DO NOT** take Aspirin, Ibuprofen, Naproxen or other blood thinners until your surgeon advises you it is safe.
- **DO NOT** apply make-up to the puncture sites or incision sites for 10 days.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE(703)481-0002 OR GO TO THE HOSPITAL

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain and warmth at incision site. Temperature over 101 degrees Fahrenheit.
- *Excessive Bleeding.* If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.
- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain or asymmetric swelling in your legs.

SHOPPING LIST

1. Prescriptions. Fill prescriptions prior to your surgery date
2. Tylenol (Acetaminophen) Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS.
3. Arnica. An herbal supplement that can reduce swelling and bruising. Provided to you by the Naderi Center
4. Laxative. To reduce constipation that may be caused by anesthesia or narcotic pain medications.

5. Crushed ice/frozen peas wrapped in a towel. Apply to the face in 20 minute intervals, taking breaks in between.