

LASER & COSMETIC SURGERY SPECIALISTS, PC

POST-OPERATIVE INSTRUCTIONS

Patient:

Surgery Date:

Post-Operative Instructions for Fat Transfer

IN CASE OF AN EMERGENCY

- During business hours: call the office @ (845) 863-1772
 - After hours or weekends: call Dr. Rubinstein's pager @ 888-235-9868
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

ACTIVITIES, BANDAGES, & SHOWERING FIRST WEEK

1. It is not unusual to feel nausea in the first 24 hours after surgery. If you feel nauseated or vomit, avoid food and drink. Take only 2 to 3 ounces of clear liquids at hourly intervals. Discontinue pain medications (Tylenol is OK) until nausea passes. If these symptoms persist, take anti nausea medication as prescribed or call the office to request anti nausea medication.
2. You may have bruising, swelling, and mild discomfort in both the face and the part of the body from where the fat was harvested. This normal and will gradually resolve over a period of a few days to weeks. You may also notice some pressure and tightness in your face after surgery, and this is normal and should resolve over a period of the first 1 to 2 weeks.

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3. No HOT or WARM compresses to the surgical area.
4. You should use cool saline compresses liberally in the areas of the face where fat was transplanted for the first three days after surgery in order to minimize swelling and aid in comfort. Do not use cold compresses or ice packs over the area where fat was transplanted.
5. For the first week, it is preferred that you sleep in a semi-upright recliner, like a La-Z-Boy, if you have one. If not, sleeping with an additional pillow under your head will help reduce the swelling more quickly.
6. You will notice that you will look more swollen either 2 or 3 days after surgery, and this appearance should be expected and should not raise any alarm or concern. The swelling should continue to decrease after the first several days.
7. You may notice that one side of the face is more swollen or lumpy than the other side. This again is normal. Swelling resolves unevenly and you may notice these imperfections even for several weeks after surgery.
8. Limit your activities the first week after your surgery. You are encouraged to walk around the house, but avoid bending over at the waist, picking up heavy objects, or straining of any kind. Limit lifting, pulling or pushing for 10 days.
9. You may shower after 48 hours using baby shampoo, for one week. Peroxide may help dissolve the blood. Do not use conditioner for one week. You may carefully wash your face with a mild soap and a clean washcloth or cotton balls.
10. Smoking should be strictly avoided at least six weeks prior to and after surgery because it interferes with the blood supply to the healing tissues and hinders healing. Alcohol consumption should also be eliminated for at least two weeks prior to and after surgery because this can thin the blood and result in bleeding.
11. It is not unusual to feel a bit depressed for a few days after surgery. This passes quickly as you begin to look and feel better.
12. Swelling can be reduced significantly by having a gentle facial lymphatic drainage massages performed by our skin care staff.
13. Bruising can be decreased by having non invasive laser therapy performed in our office. This helps to break up the bruising faster.
14. Support garment should be worn for the first week at the donor site. Spanks are ideal to cover either the thigh areas or abdomen depending on area fat was taken. **Please bring your support garment with you on the day of the procedure.**

YOU CAN EXPECT

- 1) Moderate discomfort-which should be relieved by your pain medication
- 2) Moderate swelling
- 3) Black and blue discoloration
- 4) Some minor bloody drainage at the puncture sites where the fat was injected.

CALL THE OFFICE IF YOU HAVE

- 1) Severe pain not responding to pain medication
- 2) Marked swelling or obviously more swelling on one side than on the other

POST OP 1 TO 6 WEEKS

- 1) You may slowly resume activities after the first week. Walking slowly is all right in 3 to 4 days, but do nothing aerobic. Let your body tell you how much to do. Build up your level slowly. You may begin by walking or other similar light exercise. Do not strain, grimace, or do anything of sufficient exertion to cause your pulse rate to increase sharply.
- 2) Moderately strenuous exercise may be resumed in 4 weeks.
- 3) Driving may resume 1 week after surgery.
- 4) In 6 weeks after surgery, exercise can return to 100 %.
- 5) Smoking should be strictly avoided at least for 6 weeks as it interferes with healing.

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- 6) Avoid medications that contain aspirin or ibuprofen for 2 weeks. Please refer to enclosed medication and herbal supplement form.
- 7) Makeup may be applied 1 week after surgery.
- 8) Bruising and or swelling usually lasts 2 to 3 weeks. It is not unusual for some minor swelling to persist up to 3 months. Numbness can continue 6 to 12 weeks.
- 9) Out of state: Patients are to remain in town until all staples, sutures, and cast (nasal surgery) are removed (approximately 7 to 9 days after surgery).
- 10) Work: It is alright to return to work after 1 week. You will probably still be bruised and swollen. Most patients allow 2 weeks before returning to work.
- 11) Contact lenses: Do not wear contact lenses for 1 week or until approved. Eyelid patients- use extra care with placement and removal.
- 12) Hair color and perm: It is all right to have hair colored or permed 6 weeks after surgery.
- 13) Avoid excess sunlight (and tanning) for 6 weeks. Even a mild sunburn may cause prolonged swelling or irritation of the healing incisions.

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.

Patient Signature	Date	Coordinator Signature	Date
Ran Y. Rubinstein, MD	Date	Nurse Signature	Date

Revised 6-9-09