



## **Carmel Valley Facial Plastic Surgery**

### **Fat Transfer Instructions Dr. Amir M. Karam**

#### **Shopping List:**

- Technicare antibacterial solution
- **SINECCH**
- Prescriptions (antibiotics/pain meds)

#### **PREPARING FOR YOUR SURGERY**

- Two weeks before and one week after surgery: Do not take ibuprofen products (Advil, Motrin, Aleve etc.) Do not take Aspirin products. Tylenol may be used at any time.
- Two weeks before surgery and two weeks after surgery: Do not smoke. Even one puff can cause constriction of the blood vessels and irreversibly injure the healing process.
- Two days before surgery: wash your face and neck with Technicare solution.
- Make arrangements for someone to pick you up after surgery and stay with you the first night. Plan to avoid strenuous activity for three to five days.

#### **THE NIGHT BEFORE SURGERY**

- Wash your face with Technicare solution.
- Start your first dose of Sinecch in the evening and continue per package directions
- If under local anesthesia, it is okay to eat a light meal up to 2 hours prior to your procedure.

#### **THE MORNING OF SURGERY**

- Wash your face with Technicare solution.
- Take your usual medicines with a sip of water
- Make sure you have removed all eye makeup.
- Do not wear make-up of any kind. Do not wear moisturizer on your face. Bring large sunglasses and a broad-brimmed hat to the OR.
- Wear loose, comfortable clothing that opens in the front (does not have to be pulled over the head).
- Do not wear contact lenses. Do not wear jewelry. Leave all valuables at home.
- Confirm arrangements for a responsible adult to pick you up and stay with you through the night. We will give them simple instructions for your care. This is absolutely necessary.

**Post- operative Instructions**

Before going home you will be given an appointment for your next visit.

You will have swelling and possibly bruising. This generally improves over 1-2 weeks.

You should not ice the treated areas.

- On the day of surgery: you may get up to eat meals, watch TV, or go to bathroom.
- You may not drive the day of surgery.
- Do not drink alcohol for one week.  
A high protein, low carbohydrate diet is best for several days. Do not eat salty foods.
- Rest with head and shoulders elevated on two pillows for two or three days to reduce swelling.
- Take two Extra Strength Tylenol, or prescribed pain medication every six hours as needed for discomfort.
- You may shower and shampoo the day after surgery.
- Avoid bending over.
- You may resume driving after two or three days, if your vision is clear and you feel comfortable and alert. You may not drive if you are taking pain medicines other than Tylenol.
- Non-strenuous activity is allowed two days after surgery. Walking is fine. Tennis, swimming, jogging, and golf are not permitted for two weeks. You may return to your normal exercise habits after two weeks.

Carmel Valley Facial Plastic Surgery: 858-259-3223  
Dr. Amir Karam's Cell: 858-353-9885

Patient \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_

PATIENT SURVEY GIVEN-----