



## **Carmel Valley Facial Plastic Surgery**

### **Amir Karam, M.D.** **Fat Transfer Instructions**

#### **Shopping List:**

##### **We provide:**

- Antibacterial Wash

##### **Patient to Purchase at the store**

- Ace Bandage or Tight garment, i.e. Spanx

##### **Optional items you can purchase here or the store**

- Arnica and Recommended supplements

##### **To pick up from the pharmacy**

- Antibiotics, Pain Medication, and Ativan

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

- **\*\*Two weeks before and one week after surgery:** Do not take ibuprofen or Aspirin products, which include but are not limited to (Advil, Motrin, Aleve, Aspirin, Excedrin, Midol, etc.) Tylenol may be used anytime. **\*\***
- **\*\*Do not smoke two weeks before surgery and two weeks after surgery.** Even one puff can cause constriction of the blood vessels and irreversibly effect the healing process.  
**\*\*Do not drink alcoholic beverages for two weeks before and two weeks after surgery.\*\***
- **\*\*Make arrangements for someone to pick you up after surgery and stay with you the first night. Plan to stay home and rest for three to five days.\*\***

#### **THE DAY BEFORE SURGERY**

- Wash your face with antibacterial wash, Hibiclens- it can possibly sting the skin and eyes so use caution around the eyes!!
- Start Antibiotics, take as directed.
- Start your first dose of Arnica in the evening & continue per package directions

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

- **Take 1 Ativan one (1) hour before your arrival time. We will give you one more Ativan after your arrival.**
- Wash face again with the antibacterial wash, Hibiclens.
- Take your usual medicines with a sip of water (your pre-op RN will go over this)

- Make sure you have removed all eye makeup.
- Do not wear make-up or moisturizer on your face. Bring large sunglasses and a broad-brimmed hat to the OR.
- Wear loose, comfortable clothing that opens in the front and comfortable shoes.
- Do not wear contact lenses.
- Do not wear jewelry.
- Leave all valuables at home.
- Make arrangements for a responsible adult to pick you up from the Surgery Center and stay with you throughout 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, which will be one week from your surgery day.

You will have swelling and possible bruising. This generally improves over 1-2 weeks. Be prepared to not look like yourself during the first week. The second week is when patients start to appreciate the results.

**\*\*You are able to ice the treated areas for only 48 hours (2 days) after the surgery, please discontinue icing after this time frame to prevent fat loss to the treated areas. \*\***

**\*\*\* Remember that the fat transfer is a gradual transformation; it is normal to have increased swelling, hardness and unevenness throughout the healing process. (Average of 7 to 14 days) You will be at your lowest point of fat at 2 months, but this will gradually increase up to 1 years time.\*\*\***

- 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.
- 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, and stay on back for the first week to reduce swelling.\*\*** -In doing this it is helpful to place a pillow under each arm to maintain the position on your back and prevent side sleeping.
- Take two Extra Strength Tylenol, or prescribed pain medication every six hours as needed for discomfort.
- Colace (an over the counter stool softener) may be needed if you experience constipation related to the pain medication.
- You may shower and shampoo 48 hours after surgery.
- Avoid bending over or looking down, this avoids excess swelling into your face
- 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.
- **\*\*No-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.\*\***

It is normal to have:

**\*\*Significant swelling**

**\*\*For one side of the face to have more swelling than the other.**

**\*\*Hardness and/or bumps is often related to swelling as well.**

**\*\* It is important to understand you will not be looking like yourself, and this is no indication of what the final result is going to be.**

Do Not Hesitate to call us with any questions:

Carmel Valley Facial Plastic Surgery: 858-259-3223

Dr. Amir Karam's Cell: 858-353-9885

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

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