

## **Instructions for Fat Grafting**

### **PRE-OPERATIVE INSTRUCTIONS**

- Medication- Please provide a current list of all medications, vitamins, and herbal supplements you are taking. Three weeks prior to surgery stop all non-steroidal anti-inflammatory medications (NSAIDS), and arthritis medications. If you have questions please ask the doctor.
- Smoking - No smoking for 3 months before and 3 months after surgery. Smoking will result in poor wound healing.
- Medications - Notify us if you routinely take any medication. If you are taking medications for any condition (i.e. heart, blood pressure, diabetes, seizures, etc.) please take these as usual.
- Illness - If you develop any symptoms of a cold, cough, or infection, call our office for advice.
- Fasting - Do not eat or drink anything after midnight the day before surgery.

### **DAY OF SURGERY**

- Shower and shampoo the morning of surgery and report to the surgery center at the designated time.
- Do not bring jewelry or valuables with you.
- Wear loose comfortable clothing to the surgery center.
- Someone must drive you from the surgery center. Also, a responsible adult should stay with you the first night home.

### **POST OPERATIVE INSTRUCTIONS**

1. Rest at home for the first 24 hours after discharge. Sleep on your back with your head elevated on two pillows.
2. You may experience discomfort for the first day or two. A prescription for pain medication will be provided. Do not take the medication on an empty stomach as it may cause nausea.
3. You will have plastic coated dressings where the fat injections were placed and where the fat was taken from (donor site). You may shower over these plastic dressings. You may see some drainage under the plastic. This is normal. The dressings will be removed a few days after surgery. You may have sutures in the skin which will be removed a week after surgery. You may see some bruising at the donor site and the injected site. This bruising usually resolves in a week or two. There will be some swelling of the injected areas and the donor site. This usually resolves in 1 week. After dressings are removed keep the areas clean by showering daily.
4. At three months after surgery you will be able to see what fat has remained in the injected site.
5. You may need more than one session of fat injections to get the desired result.

### **THINGS TO REPORT TO OUR OFFICE**

1. Severe pain unrelieved by medication.
2. Temperature of 100 degrees or greater.
3. Nausea or vomiting.

4. Drainage leaking from under the plastic dressings.

Should any of these conditions exist, or should you have concerns about your surgery, call the office at 717-728-1700 or Dr. Stratis' cell phone number - 717-574-2116.