



UTAH FACIAL PLASTICS

Surgery • Med Spa • Hair Restoration

## PRE-OPERATIVE INSTRUCTIONS FOR FAT GRAFTING - OR

### 3-4 WEEKS BEFORE SURGERY:

- **Obtain Medical Evaluation:** If instructed by UFP, visit your primary care doctor to complete your medical evaluation. This should be completed at least 2 weeks before surgery. All results can be faxed to 801-615-2258.
- **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:

- **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. Stop all alcohol use.
- **Vitamin C:** Begin taking 1000 – 3000mg per day as tolerated 2 weeks. Vitamin C aids in wound healing.
- **Retinol:** Stop using retinol in your skincare routine. You may begin using retinol once you are healed around 4 weeks after surgery.
- **Post surgery:** If your destination after surgery is over 60 minutes from the office, you must stay locally.

### 1 WEEK BEFORE SURGERY:

- **Review Instructions with Caregiver:** Confirm who will be driving you to and from surgery and stay with you for at least 24 hours after surgery. Caregivers must be over 18 years of age.
- **Alcohol:** Do not drink alcohol 1 week before and after surgery. Alcohol consumption may raise the blood pressure and initiate bleeding.
- **False eyelashes:** Have any false lashes removed, including extensions or strip lashes. Fake lashes tend to grip tightly to the adhesive put over your eyes during your surgery.

### NIGHT BEFORE SURGERY:

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** This includes gum, water, black coffee, and candy. If prescribed daily medications, the surgery center staff will discuss which medications to take the morning of your surgery with a small sip of water.
- **Arrival time:** The Surgery Center will call the day before surgery with the arrival time. If you do not receive a call or for further questions, call the appropriate number below:
  - Lakeview Hospital: (801)-299-2160
  - Utah Facial Plastics Draper location: (801)-776-2220
- **Shower:** The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria. Arrive on the day of the procedure with a clean face. Do not apply any makeup, moisturizers, hair sprays or gels, or nail polish.
- **Set Up Home Recovery Area:** This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.

### DAY OF SURGERY:

- **Arrival to Facility:** Please arrive on time at your designated surgical location. Remember to bring a photo ID.
- **Dress Comfortably:** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- **Do NOT:** wear any makeup, jewelry, cosmetic creams, hair products, sunscreen, remove all piercings and jewelry.
- **Contact lenses:** Do not wear contact lenses. Remember to bring your glasses to sign the necessary paperwork.

## POST-OPERATIVE INSTRUCTIONS FOR FAT GRAFTING - OR

### 24 HOURS POST SURGERY:

- **Donor Site Dressing:** A dressing is placed around the donor area. Keep this dressing dry and remove after 2 days. The sutures are absorbable in these areas and will need a light coat of antibiotic ointment to breakdown. No further wound care is necessary.
- **NO Cold Compress:** Following surgery, cold compresses may NOT be used. Cold temperatures tend to decrease the chance of survival of the fat that was grafted.
- **Head Elevation:** Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Placing a pillow under your knees may help you from turning in your sleep. Head elevation helps to minimize swelling. Continue this for 1 week depending on swelling.

### MEDICATIONS:

- **Pain Medication:** You will be prescribed pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcome to take Extra-strength Tylenol in place of the prescribed medication. Do not take Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. **Do not exceed 3,000 mg of Tylenol in a 24-hour period.** Take medication with food to minimize the risk of nausea.
- **Constipation:** Pain medications may lead to constipation. Any over the counter stool softener such as Metamucil or Colace can be used. Start laxatives with the narcotic pain medications to prevent constipation from occurring.
- **Nausea:** Some pain medication may make you feel nausea. It is best to eat something small 20 minutes before taking pain medication. Keep hydrated with small sips of non-caffeinated beverages (ginger ale, Sprite, Gatorade).
- **Medication to Avoid:** Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, etc.) for two 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.

### ACTIVITY:

- **Movement is Important:** Make sure you are up and walking around immediately after surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Absolutely no bending, lifting, or straining for 3 weeks. Take deep breaths frequently to keep your lungs clear.
- **Physical Activity:** You may be up and moving around the house on the day of surgery and thereafter. However, avoid all strenuous activity. Getting up and moving around helps prevent blood clots from developing.
- **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:** Returning to work depends on the amount of physical activity and public contact your job involves and the amount of swelling and discoloration you develop; the average patient may return to

work or go out socially 5 – 7 days after surgery. There is some individual variation regarding the time one returns to work.

- **Exercise:** Exercise may not be resumed for 3 weeks post-op or as further instructed by your surgeon. When cleared, you must start easily and build back up to your previous exercise levels. Strenuous activity should be avoided for 6 weeks. Resuming exercise may worsen swelling.
- **Smoking:** Smoking should be strictly avoided as it interferes with the blood supply to the tissues and slows and hinders the healing process
- **Sun Exposure:** Avoid sun exposure as much as possible. This will optimize healing and minimize swelling. During the first year after surgery, it is crucial to use an SPF of 30+. Even mild sunburn can cause permanent discoloration and worsen swelling.

**WHAT TO EXPECT:**

- **Swelling and Discoloration:** Swelling and bruising of the surrounding tissues can be expected. Swelling and bruising may worsen on the second and third day after surgery. It is not unusual for one side of the face to be more swollen than the other. This is temporary and will improve over the next 2 weeks.
- **Bleeding:** Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you try to do strenuous activity, sneezing, heavy lifting or bending forward, aggravated bleeding and swelling may occur.
- **Weakness or Dizziness:** *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. Make sure to drink plenty of fluids.*
- **Depression:** You may experience a period of mild depression after cosmetic surgery. This is related to the shock of seeing your face swollen and discolored. Remember this is temporary, and once the healing process is done, you will enjoy the results of your surgery. Try not to compare your recovery with others – everyone heals in their own way.
- **Final Result:** Expect to see your final results between 4 – 6 months as the healing process takes time.

**EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE 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.
- **Medication Reactions:** If you develop hives, rashes or itching you may be having a medication allergic reaction.
- **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.

Utah Facial Plastics After Hours Answering Service – (801) 299-7660

APPOINTMENT TYPE	DATE / TIME	LOCATION	PHYSICIAN/STAFF
Surgery: Time TBD day before			
Follow Up: 3 weeks after			