

## **FAT GRAFTING INSTRUCTIONS**

### **One week before surgery:**

All aspirin and aspirin-like products (Ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) *Please let the doctor know if you must continue these medications.*

### **Prescriptions:**

Prescriptions: 1. Pain medication 2. Oral Antibiotic 3. Medrol dose pack, short course of oral steroids to reduce nasal/facial swelling (the antibiotic and medrol dose pack can be called into your pharmacy prior to surgery, but the pain medication requires a hand signed prescription)

### **Morning of surgery:**

1. Wash face thoroughly. Do not apply makeup or creams to face.
2. Take your first dose of antibiotics on the morning of surgery—Take one capsule of your oral antibiotics with a “sip” of water before leaving for the procedure. If you are proceeding under only Oral Valium, then you can eat/drink a regular diet. If you are proceeding under IV sedation, then only take a “sip” of water, and no eating or drinking 6 hours prior to the procedure.

### **After surgery:**

1. Remain quiet. Keep head elevated on 2-3 pillows for the next three (3) days. A reclining chair works well to keep the head above the chest as well. Apply ice packs to face (area of fat grafting)—twenty (20) minutes on, twenty (20) minutes off while awake for the first 36-48 hours. If the cold pack provided is not adequate, make ice pads by placing soft washcloth, cotton pad, or 4x4 gauze in a bowl of melting ice and wringing out thoroughly before applying. Bags of frozen pea/carrots works as well.
2. Take you pain medication every 4-6 hours, if needed. **\*\*TYPICALLY—only OVER THE COUNTER is needed.** This is not a painful procedure—it will feel tight and swollen for first 3-5 days. Always take narcotic pain medicine with food to decrease nausea. If you have minimal pain, take extra-strength Tylenol **ONLY. DO NOT** take ibuprofen or any aspirin or aspirin-like product for one week to decrease bruising. . If you have no pain, do not take any medication.
3. **DO NOT** bend, strain, or do heavy lifting or strenuous activity for one (1) week. Avoid any activity that may aggravate you as this could cause bleeding. Again, keep your head elevated.
4. You may bathe, shower, and shampoo your hair 24 hours after surgery.

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**DOUGLAS SIDLE, MD**  
Facial Plastic and Reconstructive Surgery

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5. You can expect bruising and swelling especially for the first 2-3 days. **Please call the office if you experience continuous bleeding, severe pain (particularly on one side), vision changes/loss or sudden increase in swelling beyond the first few hours.**
6. The harvest site, the site where the fat was removed, will be bruised and swollen for the first 2-3 days. To reduce the swelling to the harvest site, such as the abdomen, you may wear compression to the area such as biker shorts, tighter fitting undergarments for the first 2-3 days if desired. The very small incision site on the abdomen you can leave covered with the steri strip and once the steri strip falls off-then you can be replaced with a band aid if desired or leave open to air.
7. The injected fat on the face may be slightly irregular and lumpy. This is normal and will eventually smooth out. You may ice the facial area to reduce swelling. If the swelling persists- you may be instructed to perform *light* massage of the facial area---Dr Sidle will indicate this to you at your first post operative appointment.
8. If Dr. Sidle places sutures to the harvest site (typically the abdomen)—he will have you return 7-10 days after the procedure for suture removal. If the sutures are absorbable, then the sutures will dissolve on their own. Then your next appointment with Dr. Sidle will be 6 weeks after surgery.

**Please do not hesitate to call Dr. Sidle if you have any questions or concerns.**

Dr. Sidle's Office #312-695-8182

**Dr. Sidle's Cell #773-220-4972-please use after hours or during the weekend for any questions or concerns**