



LAWRENCE M. KOPLIN, M.D., F.A.C.S.
— AMERICAN BOARD OF PLASTIC SURGERY —

NATURAL FAT TRANSFER INSTRUCTIONS (310) 277- 3223

BEFORE SURGERY

1. **ASPIRIN:** AVOID TAKING ASPIRIN OR ASPIRIN-CONTAINING COMPOUNDS FOR TWO WEEKS BEFORE AND AFTER SURGERY. Be careful: many medications sold over the counter contain small amounts of aspirin. Aspirin interferes with coagulation and can cause excessive bruising or bleeding after the operation. Please read the document “Medications to Avoid Before and After Surgery”.
2. **SKIN CARE:** Continue your regular skin care routine and wash your face thoroughly before bed the night before surgery. Do not wear makeup or moisturizer on the day before surgery.
3. **ATTIRE:** Please wear a button or zipper top and elastic or draw string pants. Please do not wear clothing that requires being put over the head.
4. **VALUABLES:** The Surgical Facility is not responsible for any valuables; therefore, we suggest you remove all types of jewelry and leave them at home. Do not bring a purse on the day of surgery, but please bring a credit card so we may call in any necessary prescriptions or if you are staying at an after care facility.
5. **TRANSPORTATION:** If you have been told that you cannot drive yourself home after surgery, please have someone available to help you.
6. **ILLNESS:** If you become ill or develop any signs of infection in the area of proposed surgery, **please notify the office at once.**
7. **DIET:** DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE NIGHT BEFORE SURGERY UNLESS SPECIFICALLY AUTHORIZED.

AFTER SURGERY

1. **ACTIVITY:** Unless otherwise instructed, return home and rest until the following morning.
2. **DIET:** If you received any intravenous anesthesia, a light diet the first night is recommended. *No alcohol should be taken while you are taking prescribed medication.*

3. **DRESSING:** Do not remove any dressings unless specifically told to do so.
4. **HYGIENE:** Unless instructed otherwise, you may shower and bathe normally. Do not immerse the surgical incision (under bath water or swimming) for **three weeks** following surgery.
5. **DRIVING:** **You may not drive while taking pain medication.**

6. **SUN EXPOSURE:** Do not tan or expose the area from where the fat was removed to direct sunlight for **three months** following surgery. If you are planning to be in the sun for a long period of time, use a sunscreen with an SPF of at least 15.

7. **SWELLING:** The area of the face which has been treated has received more fat than is expected to survive. For this reason, swelling and some lumpiness is expected. This will improve daily, although it will take several weeks before everything looks and feels normal. Bruising does occur rarely. This is usually resolved within the first week.

8. **HEAD POSITION:** Elevate your head on pillows for **7-10 days** to help reduce swelling. Ice packs (or frozen peas in baggies) will also help minimize swelling.

FOR ROUTINE QUESTIONS, A NURSE OR PHYSICIAN WILL BE AVAILABLE TO SPEAK WITH YOU WEEKDAYS BETWEEN 9 AM AND 6 PM.

FOR EMERGENCIES, TELEPHONE ANY TIME DAY OR NIGHT.