

Cruise Plastic Surgery

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PRE-OP & POST-OP INSTRUCTIONS FAT TRANSPLANTATION

TIME FOR SURGERY: 1 HOUR

RECOVERY TIME: 1-2 WEEKS

BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Quit smoking and nicotine use at least 4 weeks prior to surgery as nicotine can impair and delay healing. This includes any nicotine patch or nicotine containing product.
3. Stop all aspirin containing products, medications that contain blood thinners (Ibuprofen Motrin, Advil etc.) vitamin E and herbal supplements including: St. John's Wort, green tee, Gingko and garlic supplements - 2 weeks prior to surgery. You can take 1 multivitamin a day.
4. Let the doctor know if you develop an illness, cold, or any infection within a week of surgery.
5. Make sure all requested labs and doctors clearance are delivered to Dr. Cruise's office on time.
6. Schedule time off work - approximately 1-2 weeks. Two weeks if your job is labor intensive or requires direct contact with people (you may have prolonged bruising and swelling).
7. Make sure a responsible adult is confined to drive you to and from surgery and that someone is available to stay with you around the clock for 24 hours after surgery.

THINGS TO PURCHASE/HAVE AVAILABLE BEFORE SURGERY

1. Medications.
2. Multivitamin. Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin.
3. Protein shakes and soft foods. Soft diet is necessary for one week postoperatively. For patients who have fat transfer to their cheeks.
4. Gauze. You will need that to make cold compresses on your face to minimize swelling.
5. Ice. Used with water to soak gauze and apply on the operated area. Critical within first 48 hours.

Optional:

1. Coverage Make-up. Mineral make-up is best for promoting healthy healing and does not clog pores.
2. Arnica - May decrease bruising, or help it to go away faster. Available at our office.

THE DAY OF SURGERY

1. You may shower and shampoo your hair the night before or morning of your surgery.
2. Brush and rinse your teeth 2 hours before surgery. Use mouth wash just prior to surgery.
3. Don't eat for 8 hours and don't drink for 6 hours before surgery for general anesthesia, 2 hours for local anesthesia.
4. No moisturizer, body lotions, no make up on the area where the fat is being injected.
5. Do not bring any jewelry or valuables with you on the day of surgery.
6. Wear comfortable, loose-fitting clothing. Wear flat, comfortable shoes. Remove contact lenses and dentures before surgery.
7. Take 2 pills of Celebrex 1-2 hours before surgery. (for local anesthesia take Celbrex, Antibiotic and Xanax as instructed on your medications). Someone must drive you to surgery and pick you up. Someone must stay with you the first night.
8. Pack your bag for the day of surgery. This should include:
 - all paperwork
 - reading glasses
 - your identification
 - warm cotton socks
 - all medications

AFTER SURGERY

1. Continue to limit yourself to light activities the first few weeks after surgery. However, make sure that you don't stay in bed continuously. Make sure you walk around every once in a while to allow for blood flow.
2. After the first week, limit yourself to activities that are comfortable. No strenuous aerobic activity for 4-5 weeks after surgery. No contact sports for 6 weeks.
3. The night after surgery you will want to have some protective sheets or towels on your bed. Your incisions may ooze for the first one to two days.
4. You can take a cool shower the day after. Let the water gently run over your face. Pat dry. Make sure someone is with you. You may be nauseated from general anesthesia for up to 2 days.
5. Do not smoke for at least 2 weeks after surgery.
6. Do not use aspirin-containing products for at least one week. You may take Tylenol or pain medications as prescribed.
7. No weight loss diets for at least 3 weeks. Make sure to eat a healthy, well-balanced diet during this time.

8. Avoid direct exposure of incision to sunlight for at least 6 weeks. After 6 weeks, apply sunscreen (at least SPF 15) to the area of the incision if you will be in the sun for extended periods of time.
9. Be sure to finish your entire prescription of antibiotics.
10. For incisions from liposuction at 2-3 weeks after surgery take your steri-strips off. Apply ScarLess® for 8 weeks.

WHAT TO EXPECT AS YOU RECOVER

1. Immediately after surgery, some patients feel groggy or nauseous. These feelings normally subside by the next day.
2. You will probably be very sore for the first week. Bruising is normal and will subside in 2-4 weeks.
3. The sutures dissolve within 1-2 weeks.
4. You may experience some numbness. Remember not to put ice or anything hot directly onto skin because you may have decreased awareness of temperature damage.
5. Rarely, numbness may persist for up to 6 months.
6. Post surgical swelling may temporarily cause the look of unevenness, skin changes, hard spots, and ridges.
7. At 3-6 months pink scars will fade to unnoticeable white color.
8. Your incisions might itch, avoid scratching them.

WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following:

- a temperature of 101°F or higher,
- severe nausea and vomiting,
- continued dizziness or incoherent behavior,
- increased local redness or warmth,
- chest pain,
- shortness of breath,
- legs swelling or calf pain or,
- if you feel that anything might be wrong.

Please call the office during regular business hours @ 949-644-4808 or after hours page Dr. Cruise @ 949-310-8055. If either of the previous numbers fails please call our Back-up line @ 949-266-4018.

POST-OP VISITS AND CARE SUMMARY

Concern	Instructions
Blood Clot	<ol style="list-style-type: none"> 1. It is important to walk at least every hour while you're awake to prevent blood clotting - do not over do it. Right after surgery you will be instructed to walk around every 1 hour. 2. Pay specific attention to leg swelling. If you notice swelling on only one leg or calf pain contact the office.
Constipation	<ol style="list-style-type: none"> 1. If you are constipated at day 2 stop taking Vicodin or Darvocet. 2. Encourage walking, drink a lot of fluids, consider laxative (Ex-lax or Correctol).
Fever	<ol style="list-style-type: none"> 1. Make sure to cough and breathe deep as fever is usually in lungs for the first 3 days after surgery. 2. You can take a cool shower the day after. Pat dry. Make sure you have someone helping you.
Activity	<ol style="list-style-type: none"> 3. Walk every hour while awake for the first day and then every 2 hours. 4. Sleep at 45 degree angle for the first 3 nights. 5. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do. 6. You can resume exercise at 3 weeks. Avoid contact sports for 8 weeks.
Wound Care	<ol style="list-style-type: none"> 1. Avoid massaging injected area and overusing muscles in that area. If it is on the face - don't talk much the first few days. If on the legs, minimize motion the first few days.

YOUR FOLLOW UP APPOINTMENTS

You will return to the office at least four times after surgery to monitor the progress of your healing.

Patient Signature

Date

Representative of Cruise Plastic Surgery