

## FAT HARVEST & TRANSFER

### What to expect before, during and after your surgery

#### **Before your surgery:**

- This is a Surgery that takes fat from various places in the body to use to enhance other areas of the body that have lost volume. The fat is removed and immediately processed so that it can be injected in other places.
- This Surgery is done in the Operating Room.
- You will require a 1-hour Phone Pre-operative appointment prior to procedure to prepare.
- You may require lab work before surgery.
- You may require a course of antibiotics.
- You will need a driver after discharge.
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#### **During your surgery:**

- You will be given I.V sedating medications during the surgery. You will be able to nap comfortably.
- This surgery does **NOT** require General Anesthesia.
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#### **After your surgery:**

- You will have a Compression Garment on the body areas where the fat was removed.
- You will wear the Compression Garment overnight and return to the office the following day for the garment to be removed and the skin to be examined.
- You will receive further instruction about wearing the Compression Garment and the care of the areas where the fat was injected.
- Sponge bathe only after surgery until you are given permission to shower.
- Swelling and bruising is **NORMAL** and will resolve in the next week or two.
- You may resume your regular diet as tolerated. Limit salty foods.
- Tylenol 500 mg one or two pills can be taken every 4-6 hours as needed for discomfort.
- Avoid Aspirin and Ibuprofen (Advil, Motrin, Aleve) and alcohol for 5 days after surgery.

**Please contact our office if you have any questions or concerns at (858)657-1002.**

Additional notes/instructions:

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Physician: \_\_\_\_\_ Assistant: \_\_\_\_\_ Date: \_\_\_\_\_

9339 Genesee Ave, Suite 300 • San Diego, CA 92121 • 858.657.1002 tel • 858.657.9165 fax • [CLDerm.com](http://CLDerm.com)

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