

**CENTER FOR PLASTIC & COSMETIC SURGERY**  
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**FREE FAT TRANSFER (Lipoaugmentation)**

You are about to undergo Free Fat Transfer procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or address concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

PRE-OPERATIVE INSTRUCTIONS:

This procedure lasts approximately 1 to 1-1/2 hours. You will be discharged home after the procedure.

If you are receiving any sedation for this procedure, you will need to have someone drive you home and stay with you during the first 24-hours following the surgery. Oftentimes this procedure is done in the office under local anesthesia without sedation and then you would not need any assistance.

Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for 4 weeks prior to the surgery.

If you are a smoker, you should stop smoking at least 4 weeks prior to the surgery and for 4 weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.

Doctor Fedele can have your prescriptions for you prior to your procedure date so that you can get them filled before the day of your procedure. This will make it easier for you immediately following the procedure and save any running around to fill prescriptions after your surgery.

DAY OF SURGERY EXPECTATIONS:

Discomfort after the surgery is controlled with pain medication.

You may begin developing some swelling and slight bruising where the fat is transferred to on the face.

Apply ice to areas where fat was transferred to reduce swelling.

You may also apply ice to the donor area where the fat was removed. Some leaking of fluid and bruising is to be expected from the donor site. Take your antibiotic medication as prescribed.

Numbness in areas that were treated is expected for a short period of time following transfer of fat.

Keep your head elevated on two pillows to help reduce the swelling.

You may shower and get the area wet in 24 hours.

RECOVERY EXPECTATIONS

Swelling and bruising may last for 3 to 5 days but you may experience swelling lasting up to 7 to 10 days.

You may apply makeup to the areas of bruising but this should resolve fairly quickly.

No strenuous activity for 2 to 4 weeks as this will increase your swelling and delay healing.

Make an appointment with our office in 7 to 10 days. At that time we will remove some stitches and give further instructions.

Dr. Fedele normally over fills the area because you may experience some loss of volume from absorption of the fat.

### LONG TERM RESULTS

The transferred fat will likely give you a result that lasts 6 months or more. And in a large percentage of patients, 50-75% of the fat still remains after one year. In many instances this is a permanent improvement.

However, it may be necessary to transfer additional fat to the area to maintain the desired effect. There is no guarantee that the fat will last a specific period of time for a specific person.

### PRECAUTIONS

If you have any questions or are unsure of your postoperative recovery please call the office for instructions.

If you experience any of the following, please call the office immediately and have the answering service contact Dr. Fedele: extreme pain, significant swelling especially on only one side of the face, where one side of the face is firmer and more bruised than the other, fever, chills or hot to touch sensation, significant redness.