



HOBGOOD FACIAL PLASTIC SURGERY

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Fat Injection/Transfer Surgery Instructions

YOU WILL NEED TO PURCHASE: HYDROGEN PEROXIDE, Q-TIPS, ANTIBIOTIC OINTMENT (BACITRACIN/POLYSPORIN), PRESCRIPTIONS.

Evening Before Surgery

1. **DO NOT SMOKE, EAT OR DRINK (including water) ANYTHING 8 HOURS PRIOR TO SURGERY IF BEING PERFORMED UNDER GENERAL ANESTHESIA.** This includes gum, candy, mints, etc.
2. Take medications as prescribed.

Morning of Surgery/Procedure

1. Shower/bathe as usual (if not done the night before), ensure all makeup is removed from area to be injected.

After Surgery/Procedure

1. Avoid direct physical contact to the incision and/or injection site. Avoid sporting activities for five to ten (5-10) days after your surgery/procedure.
2. You will be required to wear an abdominal binder for 48 hours after surgery. This may be removed to shower.
3. Personal hygiene may be resumed eight (8) hours after surgery. Blot the incision site(s) dry with a clean towel – **DO NOT** use wiping motion over the area.
4. Local anesthesia tends to dissipate within one (1) hours after discharge. If you require pain medication, please take with food.
5. You may resume your diet/meals within two (2) hours of your procedure. We suggest that your first meal be a light one, as some medications can increase stomach sensitivity.
6. You may return to work the day following your procedure. Should you require more than one day off work, a letter can be written on your behalf.
7. Avoid rapid temperature changes and/or direct sunlight for several weeks. We recommend using a sunblock containing an SPF of at least 20 with UVA and UVB (broad-spectrum) protection, wearing a hat, and using sunglasses when in direct sunlight for the first six (6) months following surgery.
8. The injected fat may be slightly irregular and lumpy. This is normal and will eventually smooth out on its own, however, *light* massage of the area may speed this process along. Dr. Hobgood will advise when to start massage.

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.