PORTLAND
PLASTIC SURGERY GROUP

Fat Grafting

Prior to Surgery -

6 Weeks prior to surgery:

- DO NOT smoke cigarettes or use any nicotine-containing products for 6 – 12 weeks prior to surgery and 4 weeks after surgery. The use of nicotine impedes healing and increases your risk of post-operative complications. Do not drink any alcohol for at least forty-eight (48) hours prior to surgery. Recreational/illicit drugs should not be used for at least 1 week prior to surgery.
- If you are released to go home on the same day as your surgery, you must arrange for a responsible adult to drive you home after surgery and accompany you for the first 24 hours. Anesthetic agents are not cleared from the body for 24 hours; therefore, someone must stay with you for the first 24 hours after your procedure.

2 Weeks prior to surgery:

- DO NOT take aspirin or aspirin-containing medications such as Ibuprofen (Advil) or Naproxen (Aleve).
- If you are taking Semaglutide (Ozempic, Wegovy, and Rybelsus) for weight loss, please discontinue medication no later than 2 weeks prior to surgery. If you are taking this because you are diabetic, please consult with your prescribing physician to discuss discontinuation prior to surgery.
- Discontinue any blood thinning herbal supplements (ex. St. John's Wort, Fish Oil, Vitamin E, Turmeric, Flaxseed oil, Biotin, Ginkgo, Garlic, etc.) for 2 weeks prior to surgery and for 3 days following your procedure. ***Contact your pharmacist if you are unsure if a medication contains aspirin. Standard Multivitamins, Vitamin D, Calcium, and/or Tylenol are okay.
- If you are taking any medications, please consult with your surgeon at the time of your preoperative appointment regarding which medications you may take the morning of surgery.

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- It is important to maintain good nutrition with balanced meals. Drink plenty of fluid. You will receive IV fluid which can stay in your system for up to 2 weeks.

Day of surgery:

- DO NOT eat anything after midnight before your surgery (water, gum, and mints included). If you are taking any medication, please consult with your surgeon regarding what medications you must take the morning of surgery. If the facility or anesthesiologist calls you and advises otherwise, please follow their instructions.
- Bring your Driver's License or I.D. card along with your Medical Insurance card.
- Bathe or shower as usual, but do not apply any lotions, deodorant, etc. Do not shave 3 days prior to your surgery.
- Wear comfortable clothing, ideally a button-up or zip-up top and leave all valuables at home.
- If you develop cold/flu symptoms, any other infection, or a skin eruption within one week of your surgery please report this to our medical staff.