



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

Facial Fat Grafting



Pre/Post Operative Instructions

Important Information from Dr. Rohit Jaiswal, MD
at DrSkin Plastic Surgery, Regenerative & Medical Spa

Congratulations!

Congratulations on successfully undergoing your surgery! This document has been meticulously crafted to guide you through the post-operative process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Jaiswal and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.

Before Surgery

Please stop taking the following two weeks before surgery: Aspirin, Ibuprofen, Aleve, Fish Oil, Red Wine, Multi-Vitamins and/or Vitamin E.

If you take blood pressure or diabetes medications, continue these as normal.

No smoking or vaping for 4 weeks prior to surgery and 2 months after surgery.

Day of Surgery

Please arrive at the instructed time and facility.

Wash your face with regular soap in the morning.

Do not put in any hair products the morning of surgery.

After Surgery

Take medications as directed.

Be sure to finish your antibiotic course if prescribed.

Steroids are given to help with swelling.



🕒 POST OPERATIVE TIMELINE

- **0-7 days:** There will be swelling in all the areas of grafting. They may look larger or bigger than desired initially. Sleep on your back. Bruising is normal.
- **1-2 weeks:** Swelling and bruising will continue to improve. You will look more normal. Continue to do light activities only and lay on your back.
- **4 weeks:** Swelling should be mostly resolved. Bruising should be gone. You should look fairly normal.
- **1-3 months:** Exercise is ok.
- **3-24 months:** Final results will become apparent. If any revisions are needed, they can be considered at this time point only. Some fat will be resorbed and some hollowness will come back before your body makes new fat from the fat that was placed. Try to avoid any major weight fluctuations.

🛡️ MEDICATIONS

You will be prescribed medications as part of your post-operative care. It is essential that you obtain these medications prior to your surgery. Once acquired, please take a photo of your medications and send it to us to confirm that you have received all the necessary prescriptions.

Post-operative care is a critical component in facilitating the smoothest and most successful recovery. For this reason, it is crucial that you adhere carefully to the following instructions:

• **Avoid:** Aspirin, Ibuprofen, Benadryl, all supplements until cleared by Dr. Jaiswal.

• **Activity restrictions:** Limit exercise for 1 month. It is ok to walk and do light activities right away.

• **Sleeping:** Sleep on your back with an extra pillow for elevation. No sleeping on your face or with your face on the side.

• **Expectations:** It can take 1-2 years to see the final results.

• **Being reasonable:** Surgery is meant to create an improvement, NOT perfection! There may be small areas after healing you wish looked a little better this is NORMAL. Everyone has imperfections, even after surgery. You can choose to focus on the improvement or choose to focus on what you wish was different, what you focus on will determine your satisfaction.

• **Happiness:** Surgery, or changing your appearance, won't make you happy by itself. While improving your appearance can make you more confident, it is not meant to perform a psychological makeover. Happiness comes from choice and gratitude. Being able to afford and undergo plastic surgery is a luxury billions of people around the world do not have. Understand this and have gratitude you are fortunate enough to get a procedure done!



IMPORTANT SUPPLEMENTS

Protein

Why should I take this supplement? Protein is necessary for healing. Having an open wound and/or undergoing surgery increases your protein requirements.

Side effects: Avoid if you have kidney disease or are on dialysis.

Glutamine and Arginine

Why should I take this supplement? Glutamine and Arginine are amino-acids which help with wound healing.

Side effects: Common side effects include gastrointestinal issues. Arginine should be avoided in patients with low blood pressure.

Vitamins and Minerals

Why should I take this supplement? Certain vitamins and minerals help wound healing. Surgery can increase how much you need and they can be used to improve wound healing.

Vitamin A

Side effects: Patients with abnormal liver function or malnutrition can accumulate leading to side effects. Side effects include dry mucous membranes, vomiting, headache, muscle or bone pain, and hair loss.

Vitamin C

Side effects: This is relatively well tolerated except in patients with a history of kidney stones. Common side effects are gastrointestinal issues.

Vitamin D

Side effects: In patients with a history of kidney stones, Vitamin D can result in an increased risk.

Zinc

Side effects: Common side effects are gastrointestinal issues.

Omega-3 fatty acids

Why should I take this supplement? Omega 3 fatty acids can help with wound healing, inflammation and preventing infection.

Side effects: Common side effects include gastrointestinal issues.

Probiotics

Why should I take this supplement? Your body's natural intestinal flora serves a wide range of functions including immunity, healing, and nutrition. Surgery and especially antibiotics can alter the normal function of your intestines leading to poor healing immunity, nutrition, and motility.

Side effects: Common side effects are bloating and diarrhea.

Homeopathic Therapies

Curcumin- a natural compound found in turmeric, a spice. Why should I take this supplement? This supplement is an anti-oxidant that can help wound healing and prevent infection.

Side effects: None known

Arnica- extracted from Arnica montana, a plant that grows in the Swiss Alps. Why should I take this supplement? This supplement can decrease bruising and swelling.

Side effects: None known

Bromelain- an enzyme found in pineapples. Why should I take this supplement? This supplement can decrease bruising, swelling, and sometimes pain.

Side effects: None known



Dr. Rohit Jaiswal, MD



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MEDICATION TO AVOID 2 week before and 2 weeks after surgery

A

Advil
Aleve
Alka Seltzer
Anacin
Anexsia
Anodynos
APC
Arthritis Pain Formula Ascriptin
Aspergum Asphal Aspirin B-A

B

Bayer
Bayer Decongestant Bayer Timed Release BC Tablets
Buaa-A Compound #3 Bufferin

C

Cama
Campron Capsules Cogespurin
Cope
Coricidin

D

Damason
Darvon
Dolcin
Dolene Compound Dolor
Duradyne
Duragesic

E

Ecotrin
Empirin
Equagesic
Excedrin

F

Feldene
Fiorinal
Fizri Powder Gemnisyn

I

Ibuprofen

M

Measurin
Meprogesic
Midol
Mobic
Momentum
Motrin

N

Naprosyn
Nilain
Norgesic Novahistine

P

Pabirin
PAC
Panodynes Percodan
Persistin

Q

Quiet World Tablets

R

Relafen
Robaxisal Sal-Fayne Stanback
Tablets Stanco

S

Super Anahist Synalgos Talwin
Traminicin Trigesic Vanquish
Viromed

W

Way Cold Tablets Zactirin



PRODUCTS TO AVOID 2 weeks before and 2 weeks after surgery

- Alcohol (ok in moderation only)
- Chinese herbs
- Dried Leech Extract
- Echinacea
- Garlic (ok in food but don't take capsules)
- Ginger (ok in food but don't take capsules)
- Gingko (watch out for at juice bars as "memory enhancer" additive and Ginseng
- Protein Powders containing Vitamin E
- Omega Fish Oil
- Red Wine
- St John's Wort
- Vitamin E (ok in Multiple Vitamin, but don't take extra)

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