



Sleep and Wellness Medical Associates, LLC

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AUTOLOGOUS FAT TRANSFER : PRE & POST CARE INSTRUCTIONS

BEFORE TREATMENT:

- Engage in proper skin care, gently cleanse the area that is being treated AND moisturize properly
- **EAT WELL** weeks prior to your procedure, **AVOID** overeating and high alcohol intake due to the fact that it can affect both your health and well being as a whole
- **DO NOT** smoke, due to the fact that smoking can impair your ability to heal, it is **IMPERATIVE** that you are nicotine and smoke-free for at least 4 weeks prior to your procedure. (**YOU MUST ALSO REFRAIN FROM** any nicotine patch or nicotine-based products for a minimum of 4 weeks prior to your procedure.)
- **PREP YOURSELF PRIOR**, be sure to schedule time off of work that you may need, as well as work around the house such as childcare, shopping, and driving following your procedure
- **DO NOT** take the following no less than two weeks before your procedure: Aspirin and medications containing aspirin, Ibuprofen and anti-inflammatory agents, Vitamin E, St. John's Wort, Gingko, Garlic Supplements, Green Tea or green tea extracts, and Estrogen supplements. (**Taking any of the following can increase your risk of bleeding and other complications**)
- **DON'T WEAR COSMETICS** or jewelry of any kind, **DO NOT** wear contact lenses, hair clips, or body piercings. (If there is something you cannot remove, make sure to let the nurse know)
- **Wear comfortable, clean, loose-fitting clothing.** Wear only a top that zips or buttons up the front. Do not wear pullovers, turtlenecks, or any tight-fitting top or bottom. You may wear a robe. Wear slip-on shoes. Wear clean cotton socks, as the operating room can feel cool.

AFTER TREATMENT:

- If you have a facial injection, don't bend over or lay flat following treatment. This might increase swelling that you might experience, be sure to sleep with your head elevated for the first few days following treatment.
- After treatment, it is normal to experience tenderness or bruising at the injection site that may last a week or more.
- Swelling and redness are common and it can take 2 to 4 weeks or more to resolve.
- If this is your first treatment, you might experience mild tenderness, bruising, swelling, or pain at the extraction site after your transfer. Treat these conditions in the same fashion that you will treat the fat injection sites.
- To reduce any discomfort and to minimize any potential swelling, you can gently apply a cool (**NOT COLD**) compress to the treatment site.
- You **MUST** wrap ice packs or ice in a towel before applying it to the skin. **DO NOT** apply any frozen object(s) directly onto the skin. Apply the cool compress for no more than 20 minute intervals.

Please call our office at (609) 587-9944 or email us at info@sleep-wellness.org with any questions or concerns

Or refer to our website www.sleep-wellness.org for further information