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WHAT YOU SHOULD KNOW ABOUT FAT TRANSFER

- ◆ Fat transfer is a method to fill in acne scars, depressions caused by accidents, and unwanted facial creases such as smile lines, or marionette lines (those vertical creases from your lip to chin).
- ◆ It may also be used to augment certain features such as lips, and hollowing around the eyes, cheeks or temporal region due to the aging process.
- ◆ Fat transfer is performed by removing fat from one area of your body such as your abdomen or lateral thigh, concentrating the fat, and then injecting it into the desired site.
- ◆ Fat transfer is performed using local anesthesia and tumescent anesthesia.
- ◆ Because some of the fat is reabsorbed by the body after the injection, it usually requires three treatments to accomplish a 75-80% correction. This correction then will be permanent.
- ◆ The three treatments are performed every 2 months.
- ◆ Because the fat is from your own body (as opposed to collagen), your body will not react against the fat.
- ◆ You can expect to have some temporary bruising and swelling at both the donor and recipient sites.

PRE-OPERATIVE INSTRUCTIONS

- Do not take any aspirin, Vitamin E, Vitamin C or Ginkgo Biloba for at least 10 days before the procedure.
- Do not take Ibuprofen/Alleve/Vioxx/Celebrex/Advil or any other anti-inflammatory for one week before the procedure.
- Do eat breakfast the morning of the procedure.
- Though it is not mandatory, consider someone else driving you to your appointment.

POST-TREATMENT CARE

- ✓ Place a bag of ice or frozen peas covered in a wash cloth over both sites for 20 minutes per hour while awake.
- ✓ For the first 2 nights, use an extra pillow to elevate your head while you sleep.
- ✓ Do not massage injected area.
- ✓ Your activity and diet are unrestricted.
- ✓ You may shower after the procedure, but no tub baths or swimming until the incision is completely healed.
- ✓ Apply a small amount of antibiotic ointment to the injection sites and donor site until healed.
- ✓ Take Tylenol Extra-Strength for pain.

Follow-up appointment: _____

IN CASE OF EMERGENCY:

Please call our clinic at 650.725.5272, and ask for Dr. Gladstone. For after hours, please page Dr. Gladstone through the hospital operator 650.723.6661. If your page is not responded to, then ask for the dermatologist on-call.