

**Alessandro Surgery Center**  
73-710 Alessandro Drive, Suite A1  
Palm Desert, CA 92260  
Phone Number: 760-837-0364  
Fax Number: 760-837-3843  
www.csipd.com



## AUTOLOGOUS FAT GRAFTING OF BREAST PRE-OPERATIVE INSTRUCTIONS

You are scheduled for surgery on <TF.ProcAppt.Date at <TF.ProcAppt at Alessandro Surgery  
> \_\_\_\_\_ .Time>  
Center, 73-719 Alessandro Drive, Palm Desert, California.

1. All financial obligations must be fulfilled before surgery.
2. Make sure your blood work is done and the Institute has a copy of the test results.
3. Do not take aspirin or aspirin containing products (see separate sheet for what to avoid) for two weeks prior to surgery.
4. If you take any medications on a routine basis, please continue to do so, but advise the doctor and his nurse so they can tell you what to take the day of surgery.
5. **You cannot drive yourself home.** Please have a responsible adult pick you up and stay with you for the first 24 hours. Please leave the name and number of the person picking you up at the front desk.
6. Do not wear any jewelry or bring any valuable. Please leave these items home.
7. Do not wear contact lenses.
8. The day of surgery, come in with a clean dry skin. Wash your skin the day of surgery and the day before with an antibacterial soap.
9. Wear comfortable clothing that buttons in the front. Do not wear clothing you pull over your head.
10. **Do not eat or drink after midnight the night before surgery.**
11. If you smoke, please try to cut down or stop at least one week before surgery. This will help your body heal better.
12. Do not drink any alcohol 48 hours before surgery and then wait at least 48 hours after surgery.

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**AUTOLOGOUS FAT GRAFTING OF BREASTS.  
POST-OPERATIVE INSTRUCTIONS**

1. After your surgery, your breasts will appear puffy and swollen. **DO NOT RUB FAT GRAFT AREA!** Keep touching to a minimum.
2. Sit upright or lie flat on back with pillows under your knees. Keep head of bed elevated at 45 degrees.
3. When washing, rub gently using your fingertips only! (Fat grafts can shift if you rub hard or press on them during the first 48-72 hours).
4. Avoid heavy lifting (greater than 10 pounds) or straining for 48 hours.
5. Please take prescription medications as directed.
6. Do not self-medicate with your own painkillers, sleeping pills, muscle relaxants or narcotics. Only take those medications prescribed by your treating physician after surgery. Self-medicating could lead to drug toxicity or death.
7. **Remember:** It will take several weeks for all the swelling to dissipate and fat grafts to settle.
8. If you have any questions or concerns, please call the office (760) 837-0364.

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5. **You cannot drive yourself home.** Please have a responsible adult pick you up and stay with you for the first 24 hours. You will need to leave the name and telephone number of the person picking you up at the front desk.
6. Do not wear any jewelry or bring any valuable. Please leave these items home.
7. Do not wear contact lenses.
8. Please remove all makeup, mascara, eye shadow, etc. The day of surgery, come in with a clean dry face. Wash your face the day of surgery and the day before with an antibacterial soap.
9. Wear comfortable clothing that buttons in the front. Do not wear clothing you pull over your head.
10. **Do not eat or drink after midnight the night before surgery.**
11. If you smoke, please try to cut down or stop at least one or one week before surgery. This will help your body heal better.
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**AUTOLOGOUS FAT GRAFTING  
POST-OPERATIVE INSTRUCTIONS**

1. After your surgery, your face will appear puffy and swollen. **DO NOT RUB YOUR FACE!** Keep touching of your face to a minimum.
2. Keep your head elevated for 48-72 hours after surgery. Sleep with 2-3 pillows or in a recliner chair. This is to reduce bruising and eye swelling.
3. When washing your face, rub gently using your fingertips only! (Fat grafts can shift if you rub hard or press on them during the first 48-72 hours).
4. Avoid heavy lifting (great than 10 pounds) or straining for 48 hours.
5. Please take prescription medications as directed.
6. Do not self-medicate with your own painkillers, sleeping pills, muscle relaxants or narcotics. Only take those medications prescribed by your treating physician after surgery. Self-medicating could lead to drug toxicity or death.
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