

Hurwitz Center for Plastic Surgery
Forbes Allies Center
3109 Forbes Avenue, Suite 500
Pittsburgh, PA 15213
412.802.6100

Lipoaugmentation Instructions

Before your surgery:

1. Avoid aspirin and aspirin containing products and Vitamin E for two weeks prior to surgery. These medications may interfere with the body's normal clotting ability. If needed, please use Tylenol products. Please refer to the enclosed MEDICATION TO AVOID PRIOR TO SURGERY sheet.
2. You may color or bleach your hair up to one day before surgery. You may again color your hair four weeks post-operatively.
3. Avoid smoking and nicotine supplements for at least two weeks prior to surgery. Nicotine causes peripheral vasoconstriction that may cause compromise to the surgical site.
4. Report any signs of a cold, infection, boil or pustule appearing within two weeks of your scheduled surgery date to our office immediately.
5. Arrange for a responsible adult to drive you home and remain with you for the first 24 hours.

Night before Surgery:

1. Wash your hair, face, ears and neck as normal but use an antibacterial soap.
2. Nothing to eat or drink after midnight.

Day of Surgery:

1. No make-up.
2. Nothing to eat or drink. Take only medication previously deemed necessary by your family physician, Dr. Hurwitz or the nursing staff. Use small sips of water only.
3. Wear comfortable, loose-fitting clothing that does not have to be pulled over your head post-operatively. A button blouse or zippered jacket work perfect. You may also bring sunglasses, a hat or scarf if so desired for your discharge from the hospital.

After your Surgery:

1. Upon arrival to your home, rest with your head elevated on at least two pillows. Minimize talking, laughing or strong animation of the face for the first 48 hours.
2. Maintain a soft diet that requires little or no chewing. Avoid very hot foods or liquids. Again, keep facial movements to a minimum. Do not use a straw for drinking.
3. If instructed upon discharge, use ice compresses for the first 48 hours at 30 minutes on, 30 minutes off intervals. An easy icepack is a bag of frozen peas. Their small shape conforms easily to the face. Never use heat to the face.
4. The following are normally expected:
 - a. moderate discomfort
 - b. moderate swelling
 - c. black and blue discoloration
 - d. bloodshot eyes
 - e. slight bloody drainage on bandages
 - f. numbness of the operative areas
5. If experiencing any of the following, please telephone our office for further instructions:
 - a. severe pain not responding to medication
 - b. marked swelling or unilateral swelling
 - c. bright red blood spots on bandages which continue to increase
 - d. if bandages seem too tight
 - e. if you are unable to retain fluids
 - f. if you suffer from nausea or vomiting
6. Avoid smoking for 48 hours post-operatively to prevent coughing and possible bleeding.
7. Avoid strenuous sports or activities for 4 weeks post-operatively.
8. Avoid prolonged exposure to sun or heat for 3 months to avoid swelling. It is recommended that you use a sunblock with a SPF of at least 30 for the first 6 months post-operatively.

If after reviewing the enclosed pre- and post-operative instructions you have any questions, please feel free to telephone our office at 412-641-3600. If after surgery questions arise after the normal business hours of Monday through Friday between the hours of 8:30 a.m. and 5:00 p.m., please telephone the paging operator at the UPMC Health System at 412-647-2345 and ask to speak with the Plastic Surgery Resident-on-call.