



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

PRE-TREATMENT INSTRUCTIONS: AUTOLOGOUS FAT INJECTION

The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your treatment date. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your treatment may have to be postponed or delayed, at the judgment of Julius Few, MD. This is essential to your health and safety.

There may be several weeks between your decision to undergo autologous fat injections and your actual surgical date. During this time there are several important considerations:

Practice proper skincare. Practicing good skincare is an important factor in your overall appearance and the quality of your skin. This includes gentle cleansing morning and evening, proper moisture and daily use of a broad spectrum sunscreen, whether you are expecting outdoor sun exposure, or just the incidental exposure of daily life. Proper skincare is also important to help you maintain your results.

Please refrain from consuming alcoholic beverages 72 hours prior to your procedure.

Stop smoking: Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least six weeks prior to your procedure and 4 weeks after your procedure.

Lead a healthy lifestyle: In the weeks prior to surgery maintain the best of health and hygiene. A lingering cold, virus, or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health.

Prepare and plan: If you will undergo any form of sedation, make certain a responsible adult over the age of 18 is confirmed to drive you to and from your appointment, and that someone is confirmed available to stay with you around the clock for at least 24 hours following the procedure.

Pre-treatment testing: Make certain to schedule all of the pre-treatment testing and clearance you may have been given. Please make certain that all tests results are received by Dr. Few at least two weeks prior to your procedure. If medical clearance is required and not received on time, your procedure may be cancelled at **your cost**.

STOP taking the following supplements 10 days before your procedure. Taking any of the following can increase your risk of bleeding and other complications:

- Aspirin and medications containing aspirin
- Ibuprofen and anti-inflammatory agents (Including Advil, Motrin, Midol)
- Vitamin E, St. John's Wort, Gingko, Garlic Supplements, Green Tea
- Estrogen supplements and Birth Control (some estrogen supplements and birth control may increase your risk of developing blood clots post surgery please check with your prescribing physician for proper pre surgery medication instructions)
- Tylenol is OK to take for pain

Shower normally the morning of your procedure but do not use any hair gel or other styling products, scented skin creams, moisturizers, deodorant, hair spray, perfume, or cosmetics. Remove all finger nail and toe nail polish other than transparent polish.

For procedures performed at the surgical center expect a pre-anesthesia call to review your state of health and anesthesia 24-48 hours prior to your scheduled procedure.

For procedures performed at the surgical center do not eat or drink anything after midnight the night before surgery. No candy, gum or mints. Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel the procedure.

For procedures performed at The Few Institute fasting is not required.

Additional Instructions:
