

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

Surgery Scheduling Assistant for Dr. Tenenbaum	Carol – 314-996-3040
Surgery Scheduling Assistant for Dr. Myckatyn	Michelle - 314-996-3028
Cosmetic Patient Concierge	Kristi – 314-996-8133
West County Plastic Surgeons Nursing Line	314-996-3201
General Questions and Office Appointments	Front Desk – 314-996-8800 Option 2

Surgery DAY/TIME: _____ PLACE: _____ ARRIVAL TIME: _____

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedures.

FAT GRAFTING

SIX WEEKS BEFORE SURGERY

1. **Smoking affects healing.** If possible, please try to stop smoking or using ANY nicotine products for at least 6 weeks before surgery and one month after.
2. **Good nutrition can help optimize wound healing and speed your recovery from plastic surgery.** To reduce the risk of problems, please be sure to consume a high protein diet and appropriately supplement any vitamin or dietary deficiencies that you may have.

TWO WEEKS BEFORE SURGERY

1. Some medications can cause undesirable side effects that could affect your surgery. Please read over the enclosed “**Medication and Supplement Alert List**” and let us know if you take any of them. For example, **garlic** and **ginseng can cause bleeding** even though they are homeopathic remedies and not true medicines. So please stop taking these, and any other non-prescription herbal medicines for two weeks before surgery. Also, Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, facial sore, or any other illness prior to surgery, please notify us.
3. If you are having surgery in our office or as an outpatient, please be sure arrangements have been made for a responsible adult to drive you to and pick you up after surgery.

EVENING BEFORE SURGERY

1. Drink 24 oz of a clear carbohydrate beverage (Gatorade/power aid) or water
2. Eat a late dinner of your choosing
3. Have some jello and/or soup available for after surgery.
4. Get a good night’s rest.
5. Do not smoke.

DAY OF SURGERY

Be at Hospital at: _____

1. Drink 12 oz of water 4 hours prior to your scheduled surgery- *Do not drink milk, juice with pulp, cream, or sugar the morning of surgery*
2. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops or pantyhose. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. A vehicle that allows you to recline is best.
4. When in the hospital, you will be given the following oral medicines (we will give these to you at the hospital – there is no need to obtain or take these beforehand). These are: Tylenol, Gabapentin, Celecoxib, and OxyContin.
5. DO NOT SMOKE

AFTER SURGERY

1. **Supervision-** After surgery, it is important for you to have someone available to check on you or stay with you for the first 24-48 hours, as you may feel sore or weak.
2. **Diet-** A light diet is best for the day of surgery. If your procedure is performed under local anesthesia, you may start eating light meals a couple hours after surgery. If you had general anesthesia, begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
3. **Pain-** Most people experience muscle soreness as opposed to sharp pains for about 4-5 days after surgery. The pain medication we have prescribed should relieve your discomfort. You may take it every 4 hours as needed. It is best to take pain medication with crackers, jello, etc. Alcohol and pain medication should not be taken together.
4. **Activity-** It is important to refrain from any strenuous activities for at least 1 week after liposuction. Gradually work back up to pre-surgical activities after 1 to 2 weeks.
5. **Compression girdle-** The girdle must be worn over the area from where fat was harvested (the area where liposuction was performed – typically the abdomen, flanks, or thighs) AT ALL TIMES except showering for FOUR WEEKS and then as much as possible including at night for another TWO WEEKS for a TOTAL OF SIX WEEKS.
6. **Showering-** You may remove the girdle to take a shower. You can put the girdle in the washer and dryer while you are showering and then put it back on immediately. ***If you wish you can purchase an extra girdle from our office.*** They are also available through medical supply stores.
7. **Swelling and bruising** are a normal expectation following surgery. Bruising can be apparent for a couple of weeks and swelling for as long as 1-3 months afterward. The bruises and swelling will move down your body before being absorbed. ***If redness begins to develop in the surgical site or spread from the incisions, or new redness develops after the swelling was already starting to go away, then contact our office or come to the ER for further evaluation.***
8. **Drainage-** You may experience drainage of blood-tinged serum or clear fluids for several days after your procedure from either the site that received liposuction or the site to where the fat was transferred. This is normal for up to 10 days after the procedure and can be controlled with gauze pads. ***If the drainage starts up in a delayed fashion (wasn't happening at first but starts up 10 days or more later), continues on past 10 days (other than a few small spots that stain a gauze pad over several hours), or its character changes so it becomes thick, milky, or more bloody, please contact our office or come to the ER for further evaluation.***

9. **Gentle Massage** to the surgical sites including both the donor and recipient sites (areas from where fat was harvested and transferred to) will help increase circulation and alleviate the hardness felt underneath the skin. The massages can begin 2 weeks after surgery. Be particularly gentle over the site that was grafted.
10. **Altered Sensations after surgery-** Some people experience an itching sensation and/or numbness following surgery. This will gradually subside over the next 2-3 months.
11. IF you are having fat grafting to the breast area, you may or may not be placed in a surgical bra due to no compression to the fat grafting surgical site.

RETURNING TO WORK:

1. Working from home: 1 week.
2. Desk job: 2 to 3 weeks
3. Up on your feet a lot: 3 weeks
4. Manual labor: 4 weeks

GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs. should be avoided for 6 weeks.
2. All incisions will be extremely sensitive to sunlight for one year. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for the first 6 months and at least SPF 15 for the next 6 months. Excellent sunscreen options are offered through our various skin care lines.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

FOLLOW-UP:

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication. For many patients follow-up includes:

- a) Follow-up within 5 to 14 days with our Nurses to pull drains, check wounds, and to address any minor questions or concerns
- b) Physician follow-up at 3 weeks, and per physician discretion thereafter.