

FAT TRANSFER TO BREAST POST OPERATIVE INSTRUCTIONS

YOUR FIRST 24 HOURS

A family member or friend must drive you home because you have been sedated. Someone should stay overnight with you. If you have any questions, please ask one of our nursing staff.

POSITION

During the first week, attempt to sleep on your back instead of on your side. We want your grafted fat to stay in a perfect position during the initial healing process. This is not a “life or death” issue. However, if you cannot sleep on your back, sleep in another comfortable position. Elevate your body from the waist up on two pillows. You may need assistance getting up and down.

MEDICATIONS

You will be given prescriptions for your comfort and care. It is important that you use the medications as directed unless you experience abnormal symptoms that might be related to medication usage. In general you will be prescribed pain medication, an antibiotic, and a muscle relaxant. Symptoms such as itching, development of a rash, wheezing, and tightness in the throat would probably be due to an allergy. Should these occur, discontinue all medications and call the office for instructions.

ASPIRIN AND ANTI-INFLAMMATORY PRODUCTS

There is a risk of developing bleeding into your wound area for two weeks after surgery. For this reason, aspirin and anti-inflammatory over-the-counter products (Motrin, Ibuprofen, Advil, etc.) must be avoided for two weeks after your surgery. If the pain medication we prescribe is insufficient or not tolerated during this period, please let my office know and we will prescribe an alternative.

ACTIVITY

You should be resting the remainder of the day of surgery. Elevate your body on two pillows. You may want to sleep in a recliner or lounge chair. You may need assistance getting up and down. After three days, all “normal activities” may be resumed, except for strenuous exercise. During the first week, do not lift over 10 pounds. Avoid lifting children, pets, or any heavy objects for 8-10 days. When you do

lift children or objects, hold them closely to your chest to avoid straining your arms and lift with your legs, not your waist. It is important that you not engage in strenuous activities in the first 3 weeks after surgery. Aerobic exercise will raise your blood pressure, which could cause late bleeding and harm your results. Jogging, tennis, swimming, golf and the like may be resumed 4 weeks after surgery. Do not use a hot tub or soak in a tub with breasts under water for 6 weeks. Let your body tell you what you can do or not do. If your job keeps you sedentary, you may return to work when you feel comfortable, several days after surgery.

DIET

If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

SMOKING

Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 6 weeks after surgery.

ALCOHOL

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

DRESSINGS

You will need to wear a compression garment for all areas that had liposuction. This can be taken off only during showering. After surgery there will be bandages over the incisions. There may be blood on the bandages and this is normal. If bleeding appears excessive don't hesitate to call Dr. Barrett's office .

SHOWERING AND BATHING

You may shower the day after surgery.

Leave any adhesive strips (Steri-Strips) on your skin. (Do take your bra off while Showering)

SUTURES

Dr. Barrett will remove the sutures (if any) approximately 1-2 weeks following your surgery.

EXPOSURE TO SUNLIGHT

Scars take at least one year to fade completely. During this time, you must protect them from the sun. Even through a bathing suit, a good deal of sunlight can reach the skin and cause damage. Wear a sunscreen with a skin-protection factor (SPF) of at least 15 at all times when in the sunshine. Be extremely careful if areas of your breast skin have reduced sensitivity--you might not "feel" a sunburn developing!

DRIVING

You may drive when driving does not cause pain and you are no longer taking pain medication. This usually occurs in 4-6 days if you have a car with power steering.

SEXUAL ACTIVITY

You may enjoy sexual activity as your body allows with the following restriction: Please reread Activity above and apply the same concept to sex.

POSTOPERATIVE APPOINTMENTS

It is very important that you follow the schedule of appointments we establish after surgery.

HEALING OF SENSORY NERVES

Regeneration of the sensory nerves is accompanied by tingling, burning, or shooting pains, which will disappear with time and are nothing to be alarmed about. If, however, this is accompanied by swelling or redness, infection, or bleeding, then you will need to see Dr. Barrett at the office.

ASYMMETRY

It is quite common for the two breasts to heal differently. One may swell more, one may feel more uncomfortable, or the shapes may differ initially. After complete healing, they should look remarkably similar and natural. Patience is required, but if

you are concerned, ask questions for Dr. Barrett or the nursing staff.

SHINY SKIN

The skin of your breasts may become shiny. This is a result of the swelling that occurs after surgery. Within a few weeks, the edema and the swelling will subside and the skin will look more normal.

SENSITIVITY

As the nerves regenerate, the nipples commonly become hypersensitive. This will subside with time. You may find that gentle massaging helps.