



1. Fat grafting Post-Surgery Care

- **Rest and Recovery:** Ensure plenty of rest in the first few days after surgery. Avoid any strenuous activities or heavy lifting (including lifting your arms above your head) for at least 2-4 weeks.
- **Sleeping Position:** Sleep on your back with your head elevated (a few pillows under your head and upper body) to help reduce swelling.
- **Compression Garment:** Wear the bra and compression garment or binder provided post op to support the breast tissue and donor areas, this will help reduce swelling. This typically needs to be worn 24/7 for at least 3-4 weeks. May be taken off to shower and put to wash while showering.
- **Follow-up Appointments:** Attend all scheduled follow-up appointments to ensure proper healing.

2. Managing Swelling and Bruising

- **Ice Packs:** Use ice packs (wrapped in a cloth) on the treated areas to reduce swelling and discomfort. Avoid placing ice directly on the skin.
- **Swelling Duration:** Swelling can last for several weeks, and you might notice unevenness during the healing process, but it will gradually improve.
- **Bruising:** Expect some bruising around both the breast and donor areas. This should resolve over the first few weeks.

3. Pain Management

- **Medication:** Take prescribed pain medication as directed, or you may use over-the-counter pain relievers (like ibuprofen or acetaminophen) to manage discomfort.
- **Avoid Aspirin:** Do not take aspirin or other blood thinners unless approved by your doctor, as they can increase bleeding.

4. Physical Activity



- Exercise: Avoid strenuous exercise, especially anything involving the chest, arms, or core, for at least 4-6 weeks. Light walking is encouraged after the first few days, but heavy lifting and any motion that may affect the breasts or donor sites should be avoided.

- Massage: Once healed (usually after a few weeks), gentle massage of the breast area may be recommended to help with softening any lumps and ensuring the fat settles properly.

5. Hydration and Nutrition

- Drink plenty of water and maintain a healthy, balanced diet to support your recovery.

- Avoid smoking and excessive alcohol, as they can interfere with healing.

6. Potential Side Effects and What to Look Out For

- Infection: Watch for signs of infection (increased redness, warmth, or pus at the incision sites). If you suspect an infection, contact our office immediately.

- Fat Absorption: Not all of the transferred fat will survive. It's normal for some fat to be absorbed by the body, so the final shape and size may take a few months to become evident.

7. Long-Term Results

- Initial Results: Your breasts will initially look fuller, but some of the fat may be reabsorbed by your body. The final shape and size can take up to 3-6 months to fully settle.

- Touch-Ups: Depending on how much fat is retained, you may require a touch-up procedure in the future.

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