

BREAST FAT GRAFTING POST-OPERATIVE INSTRUCTIONS

Supplies to have at home before surgery:

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)

Activity:

- The chest dressing needs to stay in place and remain dry until your first post-operative appointment at 1 week after surgery
- No showering for the first week after surgery. Careful sponge baths can be done during this time. Be sure to remove your compression garment and liposuction dressing pads before bathing.
- Avoid excessive physical activity or lifting objects greater than 10 lbs for 4 weeks after surgery
- Laying on your back or side is fine but do not lay directly on your chest
- Don't sleep with pets in bed for the first two weeks after surgery
- Avoid smoking or exposure to second-hand smoke
- No baths, swimming, or hot tubs for four weeks after surgery
- Ensure there is no compression to areas where fat has been injected
- Your liposuction garment should be worn for 23 hours daily, with two 30 minute breaks each day
- The liposuction garment is to be worn for 4 weeks after surgery

Medications:

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**
- Antibiotic (cephalexin or clindamycin) is to be started the morning after surgery until completed
- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

First Post-operative Appointment:

- Your chest dressing will be removed at this appointment
- All sutures will dissolve on their own
- Swelling, bruising and some degree of asymmetry is expected at this appointment

Wound Care:

- Any dried blood along the breast incision lines can be safely removed with the use of a Q-tip dipped in hydrogen peroxide or warm water. This can be done twice a day, followed with a thin application of Polysporin to the incision line.
- Do not continue to apply Polysporin to the incision line daily past 1 week. This can result in a rash or allergic reaction.
- Liposuction dressings can be changed as needed in the first 48 hours after surgery. It is normal to have some drainage from these sites during this time.

Recovery:

- Scar massage with moisturizer can begin after the first post-operative appointment
- Sunscreen is extremely important. The use of SPF 45 or higher along the incision line will prevent pigment changes due to sun exposure. This can be started 2-3 weeks after surgery. This needs to be done while wearing a bathing suit or light clothing.
- Massage of the liposuction areas can be started at 2 weeks after surgery

Bra use:

- For the first four weeks after surgery, a tight tank top or camisole can be worn
- A sports bra can be worn at 4 weeks after surgery
- An underwire bra can be worn at 6 weeks after surgery
- Different surgeons make different recommendations for bra guidelines after surgery. It is important to follow the guidelines recommended to you by your plastic surgeon based on your surgery.
- Some patients are given a post-operative surgical bra to wear. If you were not given this garment, it was not required for your case.

RED FLAG SYMPTOMS:

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- One breast becomes much larger than the other
- Increasing pain, redness, foul odour or drainage from the incision
- Sudden increase in swelling in the cheek, jawline or neck
- Fever exceeding 38.3°C
- Persistent bleeding from an incision
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

Do not hesitate to call with any questions or concerns.

Clinic business hours (9AM to 4 PM): 613-595-1880

After hours: 613-219-9636 (Dr. MacArthur Cell)

Patient signature: _____

Date: _____

RN signature: _____

Date: _____