

Pelosi Medical Center
BREAST FAT TRANSFER
POST-OPERATIVE INSTRUCTIONS

WHAT TO EXPECT AFTER YOUR PROCEDURE: Do not be alarmed when **blood-tinged fluid** oozes from the skin wounds. This is a normal result of liposuction and usually stops within one (1) day. Dr. Pelosi leaves these tiny incisions exposed so that the liquid spills out, thereby minimizing bruising. You should cover your bed to avoid staining it from this fluid.

COMPRESSION GARMENT: Your garment provides extra pressure that will help reduce swelling and discomfort. You may remove your garment temporarily for laundering. We want you to have circumferential pressure for 4 – 6 weeks; after this period, you may wish to switch to an exercise garment (Lycra or Spandex) whenever you feel comfortable to slip the garment on or off, as you will have to do so in order to go to the bathroom. Fat Transfer patients should follow instruction sheet. Some areas may have tape applied to ensure counter pressure around the injected fat. This tape may not get wet and you may not shower until instructed to do so. You will also need to stay off the injected area to avoid pressure on the transferred fat until it takes, which may be up to 3 – 4 weeks. Swelling and bruising may occur following breast liposculpture and fat transfer. Do not be alarmed. The swelling and bruising will go away within several weeks.

MEDICATION: Liposuction and fat injection feels mostly like a bad bruise. Dr. Pelosi may prescribe medication to ease this discomfort. **Antibiotics** are prescribed to reduce the risk of infection.

ACTIVITIES AND EXERCISE: You must start walking immediately. You may continue the activities of daily living as you feel able. Avoid straining or an aerobic activity for at least 3 weeks after surgery. This is to minimize bleeding, bruising, and swelling. Do not resume strenuous exercise for 4 weeks.

SHOWERING AND BATHING: You may shower after you or the doctor/staff has removed your liposculpture pads. Do not bathe or soak in water until 5 days after surgery.

MASSAGE: Fat transfer patient must avoid massaging the injected area until healing is completed, which is about one month.

EXPOSURE TO SUNLIGHT: You must protect the bruised areas from sun until the bruising completely fades.

SEXUAL RELATIONS: Fat injection does not hinder your ability to have sexual relations. However, you should resume sexual activity **only as you feel comfortable in doing so**. The desire to resume having sex varies from patient to patient.

DRIVING: Keep in mind that you must have full use of your reflexes. If pain will inhibit them, do not drive. Do not drive while taking pain medicine.

SMOKING: Do not smoke for 3 months after your procedure. Smoking delays healing.

DIET: Do not diet for 3 months after your procedure to maximize results and promote longevity of the transferred fat.

FOLLOW UP VISIT: It is important that Dr. Pelosi examine you the day after your procedure. You may call our office to schedule your post-op visit.

If you experience any unusual swelling, discomfort, or develop a fever, you must call the office at 201-858-1800. If the office is closed, our answering service will take your message and contact Dr. Pelosi who will then return your call.

I acknowledge that I received my post-procedure patient instructions and that they were explained to me.

Patient Signature

Date