

Pelosi Medical Center
FAT TRANSFER TO LABIA MAJORA
POST-OPERATIVE INSTRUCTIONS

WHAT TO EXPECT AFTER YOUR PROCEDURE:

You will have tiny skin incisions in the areas where the fat was removed. Do not be alarmed when blood-tinged fluid oozes from these sites. This is a normal result of liposuction and usually stops within 1 day. Dr. Pelosi leaves these tiny incisions open so that the fluid spills out, thereby minimizing bruising and swelling.

You will have tiny stitches in the labia majora where the fat was injected. These will dissolve and fall out on their own in a few weeks.

There will be swelling and bruising which gradually disappears in the first 2-3 months following surgery. It is common for the labia majora to appear hard, lumpy, and uneven early in the healing process and for these changes to subside gradually in the first 1-3 months.

Following liposuction/fat harvesting, compression bands or a compression garment are placed over the area(s) from which the fat was taken. Do not remove these until Dr. Pelosi instructs you to do so. You should wear them continuously, but you may take them off to shower. Generally, these are worn around the clock for the first 3 weeks.

ICE PACKS: Do NOT place ice packs or cold packs on the labia majora. Cooling the area can kill the newly transplanted fat cells rapidly.

MASSAGE: You may massage the areas from which the fat was taken beginning 1 day after surgery. We recommend gentle self-massage several times a day for the first 6 weeks. If you prefer professional massages, we recommend doing these 3 times a week for the first month and self-massage in between. We do NOT recommend that you massage the labia majora.

SLEEPING AND SITTING: You may sleep in whatever position you find comfortable. When sitting, avoid putting pressure on the labia majora for the first 12 weeks.

SHOWERING AND BATHING: Showering can begin on the day after surgery. Bathing in a tub and swimming should be avoided for the first 6 weeks to reduce the risk of infection.

MEDICATION: Anti-inflammatory non-narcotic painkillers are prescribed for discomfort. The discomfort is generally mild and short-term. Antibiotics are prescribed to reduce the risk of infection.

ACTIVITIES AND EXERCISE: You may resume normal activities 1-2 days after this surgery. You should avoid heavy physical activity for 3 weeks after surgery. You should avoid high intensity exercise, cardio and jogging for the first 12 weeks to avoid "burning off" the newly transplanted fat cells. Weight training and low intensity exercises are acceptable beginning 3 weeks after surgery. Bicycle riding, horseback riding, motorcycle riding, or any activity that places direct pressure on the labia majora should be avoided for the first 12 weeks after surgery.

SEXUAL RELATIONS: You should avoid sexual relations that put direct pressure on the labia majora for the first 6 weeks after surgery.

SMOKING: Smoking, vaping, hookahs, or any other form of nicotine kills newly transplanted fat cells and should be avoided for the first 12 weeks after surgery.

DIET: Do not engage in a weight loss diet, calorie restriction, diet pills, diet injections or any other weight loss program in the first 12 weeks after surgery to avoid "starving off" your newly transplanted fat cells.

FOLLOWUP VISIT: If you are out-of-town and cannot return for postoperative follow-up exams, contact Dr. Pelosi periodically during the first 12 weeks after surgery to monitor your progress. If you can return for follow-up visits, we recommend that you visit us in the first 2 weeks and again at 12 weeks. Additional follow-up visits can be scheduled at any time that you have any questions or concerns.

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

 Patient Signature

 Date