

FAT GRAFTING / AUTOLOGOUS LIPOTRANSFER

You will be discharged from hospital on **the day of the surgery**. Leave your garment and dressings on until postoperative **day 3**. Then remove all of the dressings, and you may shower daily thereafter with soap and water, rinse, pat dry. Apply a very thin film of polysporin on the puncture incisions with a bandaid for 5 days until the sutures fall out. Avoid bathing/submerging the incisions for 2 weeks. Also avoid excessively hot showers, hot tubs, steam rooms and saunas for 6 weeks postoperatively.

You will be very bruised, and this is normal with disruption of the blood vessels below the skin. You may also have a significant amount of numbness—this area will shrink over the next year. Swelling will be mostly resolved after the first 2 weeks.

A loose-fitting sports bra may be worn starting 4 weeks after the surgery. Other bras can be worn at 3 months postoperatively.

It is helpful to wear compression clothing on the areas where the fat has been harvested (tights or Spanx-like clothing) for 2-3 weeks. This can encourage swelling to resolve and evens out the tissues and preventing contour irregularities.

The transferred fat should be stable to tolerate pressure by 4-6 weeks postoperatively. You may notice some resorption of the

fat (shrinkage) over 6 months. Up to 50% of what has been injected can resorb, especially if the area being grafted has been radiated. Full activities can be resumed by 6 weeks.

NIPPLE RECONSTRUCTION

Fat grafting and nipple reconstruction can be performed at the same time. If you have had a nipple reconstruction on one or both sides, also remove your dressings on postoperative day 3. Daily soap and water showers, pat dry, polysporin and a bandaid should be continued for 2 weeks until you see the nurse in followup.

Some areas may have large scabs on the nipple area—these should be left to fall off on their own with a daily dressing. The sutures are all dissolving. Please place gauze in your bra around the nipple (or cut a hole for the nipple in the gauze) so as to keep your bra from pushing down on the nipple. This can maintain its projection as it heals.

The nipple area will be mostly healed in 2-3 weeks.

Tattooing of the circular areola around the new nipple can be performed a number of months after the nipple reconstruction has healed. The more mature the scars are, the better the tattoo pigments are retained in the tissues. Inquire with Dr. Robinson or her office staff about when tattooing can be offered to you. There are both covered and private options for tattooing the

areola with varying degrees of skill level.

IMPORTANT!

If any of the following occur please notify Dr. Robinson's office:

- fever and chills
- increasing rather than decreasing pain
- redness extending around the wound, especially if only on one side
- EXCESSIVE bleeding, swelling, or paralysis

A postoperative appointment should be scheduled for _____ week(s) postoperatively. Please arrange this with Dr. Robinson's office.

PAIN

—Ibuprofen (Advil) and acetaminophen (Tylenol) together can provide relief around the clock. The additional prescription provided can be taken additionally on as as-needed basis only.

—you may resume full activities in 4 weeks, some people will require 6 weeks' recovery