

**RICARDO A. MEADE, MD**  
**Post-Operative Instructions Fat Grafting to Breast**

REV 8/30/13

**Home Care Instructions**

- Have someone drive you home after surgery and help you at home for a few days.
- Follow a balanced, LOW SODIUM diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet. Over the counter stool softeners are recommended to help prevent constipation.
- Take pain medication and antibiotics as prescribed. Do not take aspirin or any products containing aspirin for 2 weeks following surgery.
- DO NOT SMOKE, as smoking delays wound healing and increases the risk of wound complications.
- A compression garment will be provided for you after surgery. If you wish to purchase an additional garment, please notify Dr. Meade's office prior to your surgery date.

**Activities**

- You may shower 48 hours after surgery.
- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking pain medication (narcotics).
- Activities involving the affected sites should be minimized for approximately 2 weeks after surgery.
- Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of surgery.

**Incision Care**

- The small incisions sites will be covered with band-aids to protect these areas.
- The liposuction incision sites may leak pink, clear, fluid for a few days after surgery.
- Avoid exposing scars to sun for at least 12 months. Use an SPF 30 or greater sunscreen in sun exposure is unavoidable.
- No tub bath, swimming, submerging incisions under water for two weeks.
- You will have a compression garment over the treated area which will need to be worn 24 hours a day for 6-8 weeks. (You may remove it to shower).
- You may have additional foam placed under your compression garment if so, continue placing the foam padding for one week post-op.
- After showering, reapply pressure garment.

**What to Expect**

- Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persists for 6 months of more.
- Expect temporary numbness, bruising, swelling, burning sensation, bleeding, pain and discomfort.
- You may experience fluid drainage from the incision sites for a few days following surgery.
- You may feel stiff and sore for several days.
- Bruising may be apparent beyond the areas of liposuction/fat harvest, partially due to gravity.
- A healthy diet and regular exercise will help to maintain your new figure.

**Follow-Up**

- MOST sutures will be dissolvable. They are under your skin and released at the end of each incision. They are clear in appearance and will be trimmed to the skin line in 1-2 weeks.
- You MAY also have sutures that will need to be removed approximately 7-10 days after surgery. These sutures may be brown or black in color. Please call the office at 214-823-1691 to schedule an appointment with Dr. Meade's Nurse to have these sutures removed.

**IMPORTANT- Call the office (214-823-1691) for any increased redness, swelling, foul-smelling wound drainage, wound separation, severe/uncontrolled pain or temperature >101.5, bleeding from the incisions that is difficult to control with light pressure, loss of feeling or motion.** Do not hesitate to call for any other questions or concerns.

**\*\*IF** you have not already scheduled a follow up post-operative appointment, PLEASE call the office at 214-823-1691 to set up your appointment.

Patient \_\_\_\_\_ Nurse \_\_\_\_\_ Date \_\_\_\_\_