

# **Autologous Fat Grafting**

## **Patient Care Instructions**

### ***General Information***

Autologous fat grafting is a process in which one's own fat is suctioned from certain areas in the body such as thighs or abdomen and then injected into the desired area to improve cosmesis. Liposuction is the removal of fat using a minimally invasive technique involving small incisions and small suction cannulas. 50-60% of the fat will necrose (die). Several operations may be needed to reach desired outcome. This is an outpatient procedure; please arrange to have someone drive you home.

### ***Pre-Operative Guidelines***

Smoking should be stopped a minimum of 4 weeks prior to surgery. Smoking should be avoided for at least 4 weeks after surgery as well. Smoking can greatly interfere with healing and lead to postoperative complications.

Do not eat or drink anything after midnight the night before surgery. This includes no water, gum or hard candy. Blood pressure and/or heart medications can be taken with a sip of water as directed by your prescribing physician.

If you take medication for diabetes, then confirm with your prescribing physician how to manage these medications prior to surgery.

If you are prone to nausea or motion sickness let your anesthesiologist know on the day of surgery. Medications can be started prior to surgery or during surgery to help improve your postoperative experience.

### ***Post-Operative Instructions***

Take pain medications and muscle relaxant as directed. Do not drink alcohol with these medications. Do not take pain medicines on an empty stomach.

If given a binder, wear it for 2 weeks at all times except to shower.

If graft is taken from the thighs you may purchase a full-length Lyra or Spandex girdle with or without zippers. Amazon has a good variety for reasonable pricing.

You may resume all your home medicines as you normally take them. Do not use a heating pad; heat may burn the area.

Take a stool softener/laxative, such as Colace, Biscodyl, or Milk of Magnesia, until bowels begin to function normally after surgery. A combination of anesthesia and pain medication usually makes this necessary for a few days.

Do not smoke or be around smoking as even secondhand smoke delays healing and increases the risk of complications.

You may resume a normal diet after surgery. Do follow a well-balanced diet and drink plenty of fluids.

### ***Activity Restrictions***

Walking is encouraged soon after your operation and can be increased over the first couple of weeks. You may ambulate as much as tolerated.

Do not sleep face down as this could put pressure on your breasts and increase fat necrosis.

Light cardiovascular exercise can be resumed after 2 weeks and all other activities at 4 weeks.

Please refrain from any strenuous activity. Absolutely no jogging, swimming, or lifting anything more than 5-10 lb for 4 weeks.

### ***Incision Care***

You will have small incisions, usually less than 1 cm and they are usually placed in inconspicuous areas.

The incisions will be closed with absorbable sutures that will disintegrate within a week to two weeks. The incisions will either be dressed with a Band-Aid or a clear plastic dressing. If you have persistent sutures, they will be removed at your post op appointment in about a week.

Minimal drainage is expected.

You may shower the day of the surgery if you are physically feeling up to do so. You may wash with soap and water but do not bathe or submerge incisions for about 3 weeks. Remove binder or girdle to shower.

### ***Post-Operative Expectations***

You can expect some swelling to the breasts where fat has been injected, this is normal and will subside in time.

You can expect some swelling and hardness to the areas of liposuction. This usually will go away in about 6-9 weeks.

Bruising and swelling is common and can sometimes spread to surrounding areas such as genitals and knees.

You may experience mild burning around the incisions after liposuction that will improve soon after surgery.

Discomfort in the areas of liposuction could worsen with activity. Taking an anti-inflammatory and massage will help.

Tightness of the muscles underneath the areas of liposuction is normal and can get worse over the next 2 days. You may also feel numbness, these will subside with time.

Constipation is common after surgery in relation to anesthesia and pain medications. Stool softeners/laxatives, staying hydrated and ambulating will help bowels return to normal.

### ***When to Call the Office***

If you have increased swelling and bruising to one side of the body and it is more than the other. Remove the binder or girdle to make this determination. This may represent a hematoma (a collection of blood) or a seroma (collection of clear fluid).

If you have swelling or redness around the incision.

If you have severe pain not relieved by pain medication.

If you have any side effects from medication: rash, nausea, headache, vomiting.

If you have fever over 101.

If you have yellow or green drainage from an incision or notice foul odor.

If you notice some vaginal burning and itching as a result of the antibiotics used during and after surgery.

For medical questions please call 817-702-9100. JPS patients 817-702-8300 or send a message via myChart.

### ***Follow-up Care and Appointments***

You will be seen approximately 1 week after your surgery. If for some reason you do not have an appointment scheduled, please call 817-702-9100. JPS patients 817-702-8300 or send a message via myChart.