

## POST-OPERATION INSTRUCTIONS

### *Breast and Body Fat Grafting*

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

1. Take your medication as prescribed. The pain medicine may cause constipation so eat a lot of salad or fiber and take the laxative of your choice if necessary.
2. No sutures will need to be removed. There is a variable amount of drainage from the incision sites for the first 24 hours post op.. You may shower after you have been examined Day 3 post op and take a bath after 7 days- **be careful with the temperature of the water!**
3. You must wear the compression garment every day, 24hrs a day, for a minimum of 1 week. You may want to purchase a second garment so that one can be worn while the other is washed. Some patients wear a cotton lining between the compression garment and their skin to prevent skin irritation. You can change to a spandex type of garment after the first week of surgery.
4. Light activity such as walking is encouraged after your surgery. Do not lie still for long periods of time – as you increase your risk of developing a blood clot in the legs. When lying down, have a pillow under your knees and behind your head. After 1 week you can gradually increase your activity to normal activity at 2 weeks.
5. Smoking may delay the healing process. If you smoke, reduce the amount as much as possible two weeks before and two weeks after surgery.
6. There may be some bruising and swelling – this is normal and will gradually resolve one to three weeks following surgery and in some cases can take 4 months to resolve. The skin in some areas may be numb – do not place any hot or cold packs directly on it... a burn of the skin may result. If you notice any fluid under the skin then call the office so that this can be examined by the doctor.
7. Do not expose the incision(s) to sunlight for a minimum of 6 months – apply sunblock when it is necessary.
8. As part of your post-operative care you need to book for GentleWaves treatments twice a week for the first month- this is a light therapy that takes a minute or two and will improve the rate of wound healing.
9. Healing occurs at various rates. Some areas may be more tender than others- the most tender is the lower back (flanks). Massaging the areas that are tender, 3 to 4 times per day, decreases the pain and sensitivity. You may get an odd sharp pain or pulling- this is normal. Massaging helps with swelling and bruising and improves the recovery time.
10. Weight- you may weigh more after surgery due to swelling of the tissues. This can take several weeks to resolve. This surgery generally does not change your weight after the healing has resolved.
9. If you have any concerns please do not hesitate to call the office.
10. Take the nutritional supplements which help with wound healing and speeds up your recovery.

**Trevor M. Born** B.Sc., M.D., F.R.C.S.C  
COSMETIC PLASTIC SURGEON

*The Toronto Institute of Aesthetic Plastic Surgery  
199 Avenue Road, Toronto, Ontario M5R 2J3  
Telephone 416-921-7546 - Fax 416-921-8603*