

Post-Operative Instructions

Fat transfer to breasts

Following your surgery, it is important that you follow Dr. Shaddix's post-operative instructions. If you have any questions regarding these instructions or any other aspect of your care, please call our office at (850) 476-7100.

General

- You will need to arrange for someone to drive you home after surgery and to help you care for yourself for the first 24-48 hours after your procedure.
- **Do not lay on your breasts for 2 weeks.**
- It is important to relax after surgery. You will have less energy than usual for the first few days and should not try to go back to your normal activities right away. Your body needs rest to heal.
- Depending on your job, you should be able to return to work in about 2 weeks with duty restrictions. Some patients return to work sooner while others need a little extra time to recover.
- If you take regular medications, ask Dr. Shaddix when it is safe to resume taking them.

Medications

- For the first ten days after surgery, do not take aspirin or other NSAIDs (Bufferin, Anacin, Excedrin, Aleve, Ibuprofen, Motrin, etc.).
- Please remember that the pain medication prescribed by Dr. Shaddix contains Tylenol. It is NOT safe to take regular Tylenol at the same time you are taking the pain medication.
- When taking the prescription pain medication, you should not drink alcohol or drive a car.
- The pain medication may make you drowsy or give you an upset stomach. If this is the case, ask Dr. Shaddix about alternative medications.
- You will be prescribed an anti-nausea medication for any nausea that may be caused by the lingering effects of anesthesia over the first few days after surgery.
- Take your antibiotics until they are all gone.
- After surgery, especially while taking pain medications, you may become constipated. It is a good idea to have an over-the-counter stool softener on hand in case this becomes an issue.

Activity

- You should be walking around on the evening of surgery and frequently thereafter to help prevent a blood clot from forming in your legs. However, you should not be doing much more than walking and climbing stairs. No heavy lifting (anything greater than 20 pounds) or strenuous activities such as sports are allowed until 4 weeks after surgery.
- Move and pump your legs and feet frequently when lying down.



- Wait about 2 weeks after surgery before having sex or doing anything to raise your blood pressure substantially. Do not allow your partner to touch your breasts for 3 weeks after surgery.
- Take deep breaths and cough every hour to clear your lungs and prevent pneumonia.
- When sleeping, avoid putting pressure on your breasts.

Diet

- The anesthesia you are given may make you nauseated during the first day after surgery. Therefore, it is wise to drink liquids and eat only mild foods during this time (jello, mashed potatoes, soups). When you feel like it, you may resume your regular diet.
- Increase your fluid intake in the first couple weeks after surgery. Water and sports drinks with electrolytes are good. During the first couple of weeks of your recovery, avoid excess alcohol consumption as this can make you dehydrated.

Incision Care

- You will have a compression garment to wear after surgery. You should wear this around the clock for at least one month after surgery. It should only be removed for showering and for washing the garment. This will help the swelling resolve more quickly.
- There will be a significant amount of clear or pink drainage from the incisions over the first several days. Several of these small incisions will be left open to allow this drainage to occur. The drainage will almost completely stop by the third day. You can place gauze or an absorbent pad over the incisions and under your compression garment to help absorb the fluid.
- Some of the incisions may have small sutures in place that will dissolve or unravel and fall out on their own.
- It is safe to remove your compression garment and shower or sponge-bathe on the second day following surgery. Allow the incisions to get wet with soap and water. Afterwards, pat incisions dry and put your garment back on. Do not take a regular bath or soak your incisions for at least 3 weeks.

Things to Avoid

- Do not smoke or allow yourself to be exposed to second-hand smoke.
- Do not stay in bed all day. Walk frequently.
- Do not swim in a pool/lake/river/ocean for 4 weeks following surgery.
- Sauna and steam baths should be avoided for 6 weeks following surgery.
- Do not tan your scars for the first year following surgery because they may tan darker than the surrounding skin. This darkness, if allowed to occur, may be permanent. In general, it is safe to begin using sunscreen on your incisions 3 weeks after surgery. You should cover your incisions with sunscreen during the first year after surgery. Tanning beds should be avoided.

Things to Look For

- If you develop a fever of 101°F or greater, increasing pain, redness around the incisions, or concerning drainage from the incisions, call Dr. Shaddix immediately on his cell phone number that will be provided to you on the day of surgery.



Things to Expect

- Scars may become reddened before they fade. This is normal.
- Your pain will be at its peak on postoperative days 2 and 3. It should improve after that. You will remain tender for about a month.
- Expect some discoloration and bruising of the breasts. This is normal and will usually resolve within 3 weeks.
- In the areas that were treated with liposuction, expect quite a bit of discoloration and bruising. This is normal and will usually resolve within 3 weeks.
- Be aware that swelling may increase during week 2 after liposuction but will then subside.
- Areas of firmness are a normal part of the healing process after liposuction. These may take months to resolve. Massage and your compression garment will help these areas resolve more rapidly.
- There will certainly be substantial drainage from the small incisions for a couple of days. This will stop on its own very soon.
- Expect some numbness of the skin where the fat was removed and where it was placed in the breasts. Avoid use of ice or heat since you will not have normal sensation right away. Normal sensation generally returns within a few weeks.
- Final results may not be apparent for 6 months. Areas treated with liposuction often take this long to take their final shape.
- There will be some loss of fat from the breasts as some of the fat will not be able to re-establish a blood supply. Avoiding pressure on your breasts early in the recovery process will help more of the fat regain a blood supply and live, therefore improving your result.

Follow-up

- Dr. Shaddix would like to see you in clinic 1 week after surgery. This appointment is typically prescheduled, please reach out to our office if you are unsure about the date and time.
- Dr. Shaddix would like to see you again 3 weeks after surgery and then again at 3 months.
- Please remember that we are here for you to answer any and all questions, no matter how small! If you have a question, it is likely that we have the answer.

