Post-Operation Instructions for Fat Grafting to Breasts Procedures

Sutures
The small stab incision in the donor site is closed with a dissolvable suture that does not require removal. It will fall out after 2 weeks.

Dressings
The donor site is cover with a waterproof plaster that can be removed after a week. There will be no dressings required on your breasts as the fat is injected with a needle.

Compression garments
You will need to purchase a support bra to wear for 2-4 weeks following surgery. This needs to be soft with no underwires and will help to shape the breasts.

Medication
The hospital will discharge you with analgesia as required.

Follow up
Before you are discharged from hospital you should be given a follow up appointment with the nurse after 1 week. I normally see you in clinic between 8 to 12 weeks, although I will see you sooner if you have any problems. You should also be given some contact numbers in the event of any problem. If you have any questions or concerns about your recovery, please do not hesitate to email me (anne@annedancey.co.uk) and I will endeavour to get an answer to you the same day. Obviously, if it is more urgent then please contact the ward or clinic on the hospital numbers you will be provided with. In the unlikely event of an emergency, you must phone the hospital or visit your closest NHS Accident and Emergency (A&E) Department.

I hope you find this information useful. If you have any questions or require a little more information then please do not hesitate to contact me.

Anne Dancey
Plastic and Reconstructive Surgeon

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