



Post-Operation Instructions for Fat Grafting to Buttocks 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 covered with a waterproof plaster that can be removed after a week. There will be no dressings required on your buttocks as the fat is injected with a needle.

Compression garments

You will be given a compression garment that will be put on you in theatre. This extends from below your breasts to your mid-thigh. The nurses will change your compression to a new garment before you leave the hospital. The spare one will be washed and given back to you. Please wear the compression day and night for 4-6 weeks. You can remove it to wash and then replace it when you are finished. You will find that this helps to shape your buttocks without putting too much pressure on the fat. It is best that you lie on your side for the first 2 weeks, although you can still sit and lie on your back as necessary.

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.



Anne Dancey
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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