**Post-Operative Instructions**

**Fat Injection to Breast**

Please read the instructions carefully. Should questions arise during your recovery, please use the contact information at the bottom of the sheet.

**Immediately after surgery**

* Do not massage the area.
* No HOT or COLD compresses to the area.
* Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. in a solarium or by sunbathing) or extreme cold.
* Sleep on your back with the head slightly elevated to help with swelling.
* Sponge baths may be used for hygiene for the first 2 days. Showers are allowed 48 hours after surgery. After the shower, pat the incisions dry and apply antibiotic ointment.
* NO heavy lifting (heavier than 10 lbs.), pushing or pulling for a minimum of one week.
* Avoid smoking for 3-6 weeks after surgery; no alcohol for 1 week after surgery.

**You can expect**

* Moderate discomfort, which should be relieved by the pain medications.
* Moderate swelling of the breasts.
* Bruising around the breasts.
* Some bloody drainage on the dressings.

**As time goes by and you are healing, the following guidelines apply:**

* You may experience redness and swelling at the injection site which mostly resolves within a few hours.
* Over the next few weeks, the amount of transferred fat will decrease as discussed during the consultation. At times, more fat may need to be transferred to maintain the desired results.

**Call the office if you experience**

* Severe pain not responding to pain medications
* Excess swelling or swelling that is greater on one side than the other.
* You notice any signs of increasing firmness of one or both breasts
* A fever above 101 Fahrenheit.

**Call the office at (703) 255-4922**

**AFTER HOURS you may reach Dr. Yousefi at 703-969-0637**

**For Emergencies Call 911**