

Breast Augmentation with Fat Transfer Post Op Instructions

On the day of Surgery

- It is normal to feel soreness and discomfort immediately after the surgery.
- Begin taking your pain medications and antibiotics as soon as you get home and keeping taking them as directed until they are completed.
- You should rest for a few hours when you get home however it is important that you get out of bed and walk around the house at least 2 to 3 times before going to bed.
- Make sure to sleep on some absorbent towels the first few nights as you will have a mild to moderate amount of drainage from your liposuction sites. This is normal and can even have some blood in the fluid.
- Make sure to sleep on your back for the next 4 weeks. It will help to sleep with your head of the bed elevated with a few pillows as well. Do not sleep on your stomach.
- If you have a brown bandage wrapped around your midsection or other body parts it is okay to shift it back down if it moves. This bandage is only temporary so that you can drain the fluid out of your incisions and be placed in your compression garment the next day.
- You should eat a small meal when you get home and drink fluids. However, if you are nauseated, please take your anti-nausea medication, and wait for the sensation to pass prior to eating.

The Day After Surgery

- Dr. Pearce will check on you at the office the day after your surgery to take down your bandages and apply fresh ones. You will also be placed in your compression garment and pick up supplies for your post op care.
- Your compression garment is meant to be very snug and it may be uncomfortable at times.
- Dr. Pearce will discuss the use of bras in the post op period with you. Any bras that are worn should not be tight on the breasts. You will need to wear loose fitting bras for about 4 to 6 weeks post op.
- You can expect to see a lot of bruising and swelling on your first day after the surgery. This will fade in the next few weeks.
- Also keep in mind that the results you see on post op day one is not what will be evident in 6 months to a year. The breasts will be very swollen and will decrease in size as the fluid gets reabsorbed.

Other Post Op Instructions

- Refrain from any sexual activity for the first two weeks after surgery
- No lifting more than 5 lbs. or strenuous activity for 3 weeks post op.
- You may return to the gym with weight training at 6 weeks post op
- Exercising with brisk walks or running is fine after 3 weeks.
- Dr. Pearce will discuss with you the time frame for you to return back to work and this will depend on the requirements for the work you do.
- NO driving while taking pain narcotics. You should plan on not driving for 5 to 7 days post op as this is the period you will need your pain narcotics the most.
- After your pain medications run out you may take extra strength Tylenol as needed for pain.

When to Call Dr. Pearce

- Pain not controlled by your prescribed pain medication
- Measured temperature greater than 100.4 F
- Concerns about excessive drainage or purely bloody drainage from your incisions that continues for a prolonged period.
- Shortness of Breath
- Chest pain
- Blurry or double vision