

Patient Information for Lipofilling/Fat Transfer

You need to purchase your compression garment and bring it with you to the hospital the day of the surgery. The garment should cover your belly button and go down to your knees in length and feel firm to wear. Getting at least two is recommended; one to wash and one to wear.

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- Target/Kmart
- David Jones/Myer
- Rebel Sport
- Bras N Things

Wound Care

- You may shower 24 hours after surgery - dressings are water proof
- Keep incisions clean and inspect daily for signs of infection
- No tub soaking while dressings are in place

- You will be discharged wearing your pressure garment over treated area
- Wear pressure garment 24 hours per day for two weeks, then either day or night for a further two weeks. If you are still bruised at this point, continue to wear garment until bruising subsides.

What should my activity level be?

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots
- Do not drive until you are no longer taking any strong pain medications like endone
- Activities involving the affected sites should be minimized for approximately two weeks.
- Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of the surgery.
- Wear your post op bra as you have worn for your previous breast surgeries

Pain and Bruising

- Swelling may increase initially over the first week, most of the swelling and discoloration usually subsides in 2-4 weeks.
- Expect temporary numbness, bruising, swelling, soreness, burning sensation, bleeding, pain and discomfort.
- Bruising may be apparent beyond the areas of liposuction, partially due to gravity, this will go with time.

Who to contact if concerned:

Breast Care Nurses

(Monday-Friday 8AM-4:30PM)

Helena Lee

0428 365 829

helena.lee@lh.org.au

Roan Misoles

8514 0867

roan.misoles@lh.org.au

After Hours - 8514 1999

Breast Clinic - 8514 0050/ 8514 0255

Private patients may also call their surgeon's rooms directly.