

Instructions for Care after your Breast Reconstruction - Fat Grafting

Fat grafting is a surgical procedure used to provide additional coverage or fullness to the breast area after a mastectomy or a lumpectomy to reconstruct a more natural appearing and symmetrical breast. Many times fat grafting is able to disguise the edges of an implant or the appearance of rippling.

After your procedure, the following guidelines may be helpful. If you have any questions or concerns, please do not hesitate to call Dr. Lynch at 609-448-6200.

1. Following your procedure, you will be in a surgical bra and wrapped in an ACE bandage dressing to maintain compression. This will minimize the risk of fat necrosis and post procedure infection. Please maintain the compression for 2 weeks after your procedure. You may remove the ACE bandage to shower.
2. Please notify the office if you experience fever, chills, redness or unusual swelling after your procedure.
3. Please finish taking all of your antibiotics as prescribed. Often, eating yogurt may help to alleviate some of the side effects of antibiotics.
4. Please avoid strenuous upper arm/chest muscle exercises for approximately 4 weeks after your procedure. Please limit lifting to no greater than 10 lbs.
5. You may have very small surgical incisions. These incisions will be sealed with DERMABOND. Please do not use any lotion, cream, powder or oil on these incisions.
6. Please wear a compression garment (“Spanx” , girdle, binder) around the area where the fat is harvested (abdomen/thighs) after the procedure to maintain the integrity of the skin in this area.
7. Do Not Smoke

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