



Post Procedure Breast Lipotransfer

These instructions are in addition to the Lipo/Lipotransfer instructions!

The fat that is transferred survives by having new blood vessels grow into the transferred fat. Any pressure can disrupt this process and decrease the amount of fat that survives and ultimately your results.

It is important that your body generates a new blood supply to the transferred fat. Follow these guidelines:

Week One & Two Post Procedure

- When you take your first shower, remove the elastic bandage compression. After the shower start wearing your supportive bra
- When driving you can use a towel to cushion the breast where the seat belt crosses
- Sleep on your back
- Avoid any pounding or bouncing activities → light walking is encouraged
- The first 7 days wear your garment as close to 23 hours a day as possible.
 - Day 8 you can decrease the garment wear time for the areas of liposuction as directed
 - Continue to wear a bra that supports and reduces agitation to the breasts for 23 hours a day

Week Three & Four Post Procedure

- Sleep on your back (preferable) or side
- Continue to wear your garment as directed
 - Continue to wear a bra that supports and reduces agitation to the breasts for 23 hours a day
- At 4 weeks lower body no impact exercises may be resumed
 - Fat-burning activities should be avoided for at least 8 weeks to avoid burning off the newly transferred fat

Up to Six Months Post Procedure

- Continue to wear a bra day and night
 - At three months you can wear a lighter bra at night such as: Hanes Get Cozy Pullover ComfortFlex Fit® Wirefree Bra → it is good to wear something such as this at night forever

The amount of fat transferred that remains after the first 3-6 months should be stable and permanent. However, the grafted fat will act just like the fat cells in other areas of your body. Weight fluctuations will increase or decrease the volume in the breasts, the same way the volume of the rest of your body will be affected.

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Things You Can Do to Maximize Fat Survival after a Fat Transfer Procedure

Fat transfer (lipotransfer) removes fat from unwanted areas, and transfers it to a new, more desirable location. Only a portion of the transferred fat survives in its new location, and the percentage that survives can vary widely based on how much volume was transferred, how tight or elastic skin is in that area, how the patient cares for the transferred fat during the recovery process. A patient's actions during recovery directly and significantly impact how much of the fat survives.

WEARING THE RIGHT GARMENTS

Beyond wearing the shaping compression garments that your surgeon recommends after procedure, you'll need to plan to wear clothing that supports your healing process. Squeezing newly transferred fat is the fastest way to kill those cells, so you want to make sure you're not wearing tight or restrictive clothing during your healing process.

STAY HYDRATED

When your body is working hard to repair itself, it relies heavily on water to help clear away waste and move nutrients throughout the body. Drink enough water so that your urine is clear or very pale straw colored.

FEED THE FAT

Eating nutrient-dense foods will provide your body with all the vitamins and minerals it needs to support its recovery. Eating fiber rich carbohydrates (whole grains) and healthy fats will be helpful during your recovery. Avocados, salmon, grass-fed butter, almonds, walnuts, extra virgin olive oil, and coconut oil are good sources of healthy fats.

CREATIVE SLEEPING → up to 2 months after procedure:

So you'll need to get creative about ensuring you're not laying and putting pressure on your newly transferred fat. Buttocks transfer → stomach or modified side/stomach position. Breast & Face transfer → sleep on your back.

NO SMOKING

Smoking affects the flow of oxygen and nutrients through the blood stream, reducing your body's ability to heal itself. Smoking makes it harder for your body to build the new blood vessels and affects the quality of blood those fat cells receive during their recovery. Second hand smoke is just as bad, so be sure to avoid smoking areas during your recovery.

EXERCISE STARTING AROUND WEEK 8:

After 8 weeks, your fat transfer should have established proper blood supply, and getting a good sweat session in can help pump fresh, nutrient-rich blood into the area. As you start exercising you will still want to avoid activities that put a lot of pressure, compression, or trauma on the area of your fat transfer. At 3-4 months you should be able to perform any exercises.....KEEPING IN MIND....

KEEP A STABLE WEIGHT

Weight fluctuations after fat transfer can negatively affect your results. Gaining significant weight after having had liposuction, can cause fat to accumulate in "new problem areas". Significant weight loss after fat transfers may cause you to lose fat in the area of transfer along with fat in other parts of the body.

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