



## Fat Transfer for Breast Reconstruction Post-Operative Instructions

### Sutures

The small stab incisions at the donor site are closed with dissolvable sutures, which do not require removal and will dissolve over a period of approximately 7 to 14 days.

### Dressings

The donor site is covered with a waterproof plaster, which can be removed after a week. There will be no dressings required on the recipient site as the fat is injected with a needle.

### Medication

During your surgery I will use a long-acting local anaesthetic, but you may need additional analgesia in the form of Tylenol and Ibuprofen.

### Scar advice

Once the dressings are removed, I recommend that you massage the incisions, using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.

The scars will also benefit from silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade them, as well as applying sunblock for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.

### Follow up

Before you are discharged from Hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in clinic between 2 to 4 weeks following your procedure, depending on the type of surgery.

You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to phone or email me



Anne Dancey  
PLASTIC SURGERY

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and I will endeavour to respond to you the same day.

If it is more urgent, please contact the Clinic/Hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

*Anne Dancey*

**Dr Anne Dancey**

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