

Surgical fat transfer

These instructions are intended for printing. The instructions contain sections to be filled in.

A surgical fat transfer or fat graft is used to repair structural differences in a breast, for breast enlargement or for softening scars resulting from a breast cancer operation. Surgical fat transfer can also be used to repair other scar problems and soft tissue deficiency. Sometimes more than one procedure is necessary. The transferred fat acts in the same way as fat anywhere else in your body, which means that it will be affected, for example, by changes in your weight.

Procedure

In a surgical fat transfer, liposuction is used to remove fat from an area of your body, such as the flanks, thighs or stomach. The fat is injected into the treatment area using a blunt needle and syringe. This is usually a procedure performed in day surgery under local anaesthesia or general anaesthesia, depending on the size of the treatment area.

Recovery

After monitoring, you will be able to return home the same day. After the procedure, you will be fitted with a compression garment to support the area where fat was transferred from. The compression garment will reduce bruising and tissue swelling and promote tissue healing.

You will need to wear the compression garment night and day for 2 weeks on the area where fat was taken from. Please make sure that the edges of the compression garment do not chafe your skin.

The area where the fat was transferred to must be protected from the cold and no pressure must be put on it (such as tight clothes and sleeping on your stomach).

Wound care

The day after the procedure you can remove the surgical dressings on top of the wounds and you may take a shower.

The wound has dissolvable stitches that do not need to be removed. Surgical tape can be removed a week after the procedure. Two weeks after the procedure, you may take a sauna or bath and swim.

Pain management

We recommend you take painkillers regularly for 1 to 4 days and after that as needed:

Paracetamol

Anti-inflammatory painkiller

Strong painkiller

Other medicine

Follow-up check about 2 months later.

Sick leave 3 to 4 weeks.

Contacting us

If you have symptoms of inflammation (increasing pain, heavy swelling, heat, redness, continuous purulent discharge from the wound) or some other problem, please primarily contact the unit that treated you:

Day Surgery Unit on weekdays 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.