# **Frequently Asked Questions: *Fat Grafting***

**Q:** How long do I have to avoid pressure on the area treated with fat?

**A:** You should avoid pressure to the fat grafted area for **2 weeks**, so as not to manipulate the shaping.

**Q:** When can I drive?

**A:** You should avoid driving for about **2 weeks**. We want you to avoid the pressure of sitting.

**Q:** How can I manage my swelling and/or bruising?

**A:** You can use cold treatment to reduce swelling and bruising after fat grafting. It is important to **avoid compression when using cold therapy**. For fat grafting to the face, you can use a Swiss Therapy eye mask (Ditesheim Cosmetic Surgery will provide). This is a silicone eye mask that can be re-cooled in the freezer. You can also use a cold cloth or a silicone ice pack. These are soft so as to provide gentle cold therapy to the treated area.

**Q:** How do I sit/lay in bed after fat grafting to the buttocks?

**A:** You can purchase a donut pillow to help avoid pressure to the buttocks while sitting. You can also roll up a towel and place it under your thighs to help avoid the pressure of sitting on your buttocks. When lying in bed, you should try your best to sleep on your stomach and/or sides. You may want to put a very soft, feather-filled pillow under your buttocks to reduce any pressure from the mattress.

**BBL Post-Surgical Pillows:**

<https://www.amazon.com/Brazilian-Newkare-support-surgery-supplies/dp/B08XYJSTBB/ref=sr_1_15_sspa?crid=2LOAQ32FRMSDH&keywords=bbl+pillow&qid=1668618658&s=home-garden&sprefix=bbl+pillow%2Cgarden%2C117&sr=1-15-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9tdGY&psc=1>

<https://www.amazon.com/Pillows-Surgery-Recovery-Brazilian-Sleeping/dp/B08TWV75RF/ref=sr_1_12?crid=2LOAQ32FRMSDH&keywords=bbl+pillow&qid=1668618814&s=home-garden&sprefix=bbl+pillow%2Cgarden%2C117&sr=1-12>

<https://www.amazon.com/ZKF-Brazilian-Butt-Lift-Pillow/dp/B097F9LC93/ref=sr_1_11?crid=2LOAQ32FRMSDH&keywords=bbl+pillow&qid=1668618814&s=home-garden&sprefix=bbl+pillow%2Cgarden%2C117&sr=1-11>

**Q:** What can I expect after fat grafting to the face?

**A:** The face is very vascular, therefore you may experience significant swelling post-fat grafting to the face. This is expected. The majority of the swelling will be present in the first week post-op, but will subside with time. You should use Arnica (topical and oral pellets) to help reduce inflammation, as well as cold therapy. At Ditesheim Cosmetic Surgery, we offer oxymist facials. This helps to oxygenate the skin and calm the inflammatory process.

**Q:** What can I expect after fat grafting to the breasts?

**A:** You can expect about a half-cup size increase from fat grafting to the breasts. This is a great alternative for enhancing breast volume for someone that does not want to use implants. Usually up to 250cc of fat can be transferred per breast at one time. It is possible that multiple grafting sessions may be needed to achieve the desired volume.

**Q:** What type of garment will I wear after my procedure?

**A:** If you had liposuction and fat grafting, we will put you in a garment that compresses the areas of liposuction but not the areas that were grafted. For example, if you had liposuction to the abdomen and hips and fat grafting to the buttocks, your garment will be compressive in the mid-section but the buttocks will be left open so as not to provide compression to the new fat. For breast fat grafting, you should wear a comfortable sports bra. Avoid underwires and/or tight material. The bra should have a wide band around the ribcage to provide support and avoid “cutting” into the breasts.

**Q:** How can I “protect” the new fat?

**A:** In addition to avoiding compression of the fat for 1-2 weeks, you should **NOT SMOKE**. With fat grafting, the body needs a rich, oxygenated blood supply to ensure the fat survives. Smoking greatly inhibits blood oxygenation and the healing process. You should also increase your caloric intake with nutrient-dense foods, like fruits, vegetables, and protein, as well as healthy fats, such as salmon, avocado, olive oil, and nuts.

**Q:** What happens to the area that was fat grafted if I gain weight?

The area treated with fat may be affected by a weight change. Weight gain may enhance the size of the area treated with fat.