

OKAY PLASTIC SURGERY

Face and Body Contouring Center

Precautions After Breast Fat Grafting

1. To reduce bleeding and swelling at the fat-harvest site, please wear a compression garment for 1 month.
2. Immediately after surgery, bruising and swelling may occur, and the area may look uneven.
3. Swelling may last for about 3–4 days, and you may feel a burning or heated sensation around the surgical area.
4. Keep the tape around the chest for up to 5 days, then remove it. (If itching occurs, it may be removed on the 4th day.)
5. Since it is important to maximize the survival rate of the transplanted fat cells before and after surgery, avoid dieting during this period.
6. For 4 weeks, avoid smoking, drinking alcohol, saunas, hot baths, and strenuous exercise.
7. Be careful not to put excessive pressure on the grafted areas.
8. Typically, some of the grafted fat may be absorbed within 3–4 weeks. The absorption rate depends on the individual's fat characteristics, the site, and the amount injected. Additional procedures may be required depending on progress.
9. Stitches can be removed after 14 days.
10. You may shower 24 hours after surgery.
 - Before showering, apply a waterproof bandage to the suture site.
 - Remove the bandage immediately after showering, and keep the wound area dry.

⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.



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