

Recovering after a Coleman fat transfer

This factsheet explains what you should be aware of following your Coleman fat transfer procedure and who you should contact if you have any concerns.

Looking after your wounds

- You may shower briefly and pat the dressings dry. The dressings may then be fully dried with a hairdryer on a cool setting.
- We recommend that you wear supportive underwear if the fat has been removed from your buttock or stomach area - this helps to reduce swelling.
- You may need to wear a sports bra for four weeks after the procedure, if the transfer was to your breast area.
- You may have bruising and/or swelling following this type of surgery. This is usually mild and settles after a few weeks. The area the fat has been taken from may appear lumpy and uneven. Gentle massage will help to reduce the uneven appearance.
- Very occasionally there is a need for stitches to close the areas where the fat has been taken from. These are normally dissolvable stitches and will be trimmed at your outpatient appointment if required.
- Pain or discomfort is usually mild. Pain relief medicines, gentle massage and sometimes mild heat therapy applied to your donor area may reduce this. Please ask your nurse for advice before doing this.
- It is important to avoid any strenuous exercise and heavy lifting until four weeks after the procedure. This is to allow your wounds to heal. It is important to stop if you experience pain during any activity.
- Ensure you have a varied diet full of vitamins and protein, as this will help with wound healing. Please refer to The Royal Marsden booklet *Eating well when you have cancer* for further information.
- We advise you not to smoke after your operation, as smoking will increase the risk of complications occurring.



- Sometimes the transferred fat reabsorbs into the surrounding tissue and you may need a second procedure. Your plastic surgeon will discuss this with you.

Possible complications

If you experience any of the following, please contact The Royal Marsden Macmillan Hotline or your clinical nurse specialist:

- Signs of redness around your wound area
- Fever
- A burning sensation around your wounds
- Increasing pain, swelling or bleeding at the site of your operation
- Persistent discharge from your wound.

Contact details

The Royal Marsden Macmillan Hotline: 020 8915 6899

Available 24 hours a day, seven days a week

Alternatively, please contact your Clinical Nurse Specialist if any problems occur or if you would like further advice.

Clinical Nurse Specialist, Plastic Surgery

Chelsea:	020 7811 8318	(NHS)
	020 352 8171 ext 1573	(Private care)
Sutton:	020 7352 8171 ext 4345	(NHS and Private care)

