

INSTRUCTIONS FOLLOWING SURGERY

bathing

- You may shower (no baths) 2-3 days after surgery.
- Remove binder and all dressings except any suture strips over the incision; leave suture strips in place.
- Gently rinse with soap and water. Some areas may bleed/ooze, but this is normal and should subside quickly when dry.

medications

- Postoperative pain is to be expected. Your pain medication will help reduce discomfort, but you may not be completely pain-free.
- Call the office if you have severe pain that is not helped with pain medication.
- You may take non-aspirin pain relievers such as acetaminophen or Tylenol for lesser pain, but do not take this in addition to your prescribed pain medication (the prescription likely already has Tylenol in it.)
- Unless otherwise instructed, do not use aspirin or aspirin-containing medications (Anacin, Bufferin, Bayer, Excedrin, etc.) Nonsteroidal anti-inflammatory drugs (Advil, Motrin, ibuprofen,) as these medications interfere with blood clotting and may increase bleeding risks.

activity

- Sleep on stomach; DO NOT lay/sit directly on buttocks until cleared by surgeon.
- Use “booty pillow” or another similar cushion to sit. Place pillow under thighs so there is no pressure directly on buttocks.
- Lymphatic massages are OK; be sure to seek out a licensed therapist and do not start until at least 2 weeks after surgery.

wound care/ compression garment

- Sleep on stomach; DO NOT lay/sit directly on buttocks until cleared by surgeon.
- Use “booty pillow” or another similar cushion to sit. Place pillow under thighs so there is no pressure directly on buttocks.
- Leave the compression garment on for at least 2 days post-op before removing it to launder or shower. You may need assistance getting it back on.
- You may experience “leaking” of blood-tinged fluid during the first 24 hours after surgery. This is normal and absorbent pads under garment may be replaced if they are saturated.
- Wear the compression garment day and night for 6 weeks only removing to launder the garment and shower.
- It may be necessary to buy a different size garment as swelling resolves.
- Make sure compression garment is flush with the skin, avoid any ridges/creases in garment.
- You may experience significant bruising. This is normal and will resolve.
- Begin scar treatment once any sutures have been removed.
- Use fingertips to massage liposuctioned sites at 1-week post-op; focus on any hardened areas and gently massage 6x daily to help soften scars.
- Lymphatic massages are OK; be sure to seek out a licensed therapist and do not start until at least 2 weeks after surgery.

please see page 2

Important: there is a second page of recovery notes for our Brazilian Butt Lift/Fat Transfer to Buttocks procedure.



brazilian butt lift 2 of 2

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reasons to call

- Sudden significant increase in swelling to one area. Generalized swelling is normal.
- Fever greater than 100.4 degrees Fahrenheit (38 degrees Celsius.)
- Skin redness and warmth around your cannula/ incision sights.
- A change in drainage color (green/yellow/thick), foul-smelling odor.
- Pain not relieved with pain medication.

questions/concerns?

We have a doctor on call 24 hours a day. We are here for you! Call us at 336-765-8620.

