

# BUTT LIFT / FAT TRANSFER

## POST-OPERATIVE INSTRUCTIONS

### **Bathing**

- You may shower 48-72 hours after surgery, unless instructed otherwise by your surgeon. **No baths.**
- Once cleared by your MD to shower, remove compression and dressings **except the steri-strips/tape** over incision(s).
- Some areas may bleed slightly — this is normal and should subside quickly when dry.

### **Activity & Positioning**

- Sleep on your stomach. **DO NOT lay or sit directly on your buttocks until cleared by your surgeon.**
- Use a “booty pillow” or similar cushion when sitting. Place the pillow under your thighs so there is no pressure directly on the buttocks.
- Walk every hour while awake to promote adequate circulation to your heart and lungs.
- Do not lift more than 10 lbs (or more than a gallon of milk) and avoid strenuous activity. Your provider will advise when you are able to increase your activity at your post-op appointment.
- Do not swim, use hot tubs, tub bathe, or submerge your wounds in water until fully healed —typically 4-6 weeks.

### **Diet**

- Slowly resume your normal diet as tolerated.
- Pain meds and anesthesia may cause constipation. Be prepared with miralax and colace.
- Incorporate high protein foods into your diet to promote healing.
- Stay hydrated.

### **Medications**

- Take all medications as prescribed by your physician.
- Pain medication will reduce discomfort but may not eliminate pain completely.
- Do not exceed prescribed doses.
- You may take acetaminophen (Tylenol) for mild pain, but do not take it in addition to prescription pain medication unless approved (many prescriptions already contain Tylenol).
- Avoid aspirin and NSAIDs (Advil, Motrin, Ibuprofen) for 72 hours after surgery, as they may increase bleeding risk.

### **Compression & Wound Care**

- Leave the compression garment on for at least 3 days post-op before removing for a quick shower and laundering. You may need assistance getting it back on.
- Wear the compression garment day and night for 4-6 weeks, removing only to launder or shower. You may need to buy a different size garment as swelling resolves.
- Make sure the compression garment is flush with the skin and avoid any ridges or creases.
- You may experience leaking of blood-tinged fluid during the first 24 hours — this is normal. Replace absorbent pads under the garment if saturated. **Always leave the steri-strips/tape in place.**
- Significant bruising is normal and will resolve.
- Your surgical area may have temporary numbness.
- Do not use heating pads or cold packs on the surgical area.
- Most stitches are dissolvable and do not require removal. Stitch removal, if needed, will be assessed at your 2-3 week post-op appointment.

### **Massage & Recovery Care**

- Once cleared by your physician, you can massage liposuctioned areas.
- Follow your physicians instructions on how to massage these areas and on how often it should be done.
- Lymphatic massage is allowed, but must be performed by a licensed therapist.

### **Call Promptly If You Experience...**

- Significant swelling or swelling on only one side
- Shortness of breath, calf pain or soreness
- Excessive bleeding (some drainage is normal)
- Fever greater than 100.4°F (38°C)
- Redness or warmth around the incision
- Changes in drainage (thick, yellow, green, bright red), a foul odor, or a sudden increase in drainage
- Severe pain that is not relieved by medication
- If you believe you are having a reaction to a medication