

## BRAZILIAN BUTT LIFT POST OPERATIVE INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Take Arnica as directed immediately after surgery. This will expedite healing, minimize swelling and reduce bruising post procedure.- See your patient coordinator for this.
- Get plenty of rest; follow balanced diet. Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications. If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

### Activity

**-IMPORTANT: DO NOT SIT ON BUTT UNTIL TWO WEEKS AFTER SURGERY!**

**-A BBL pillow will be provided to you on the day of surgery to relieve pressure off the butt area and onto the thighs**

- Walk as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- You may shower 24 hours after surgery. Keep SteriStrips on. You may trim edges with scissors as needed. You may remove gauze.
- Do not drive until you are no longer taking narcotic pain medications.
- You will likely be able to resume most social and employment activities in 2-3 weeks.
- Do not sit directly on your butt for two weeks after surgery. You may sleep on your stomach or sides.
- Strenuous exercise and activities such as sports should be avoided for 4 weeks. No hot tubs, pools, ocean or swimming for 6 weeks.

### Treated Area Care

- Dr. Barrett may have you wear some type of a compression garment (i.e. - spandex type clothing) in the area where the liposuction was performed to harvest fat for the fat transfer for 2 weeks after surgery.
- Wear pressure garment 24 hours per day and 7 days a week except to shower. After showering, re apply pressure garment and gauze to cover areas of fat harvest and fat transfer.
- Avoid exposing any small scars to sun for at least 12 months. Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater). Keep dressings in place.
- Keep access sites clean, dry and inspect daily for signs of infection. No tub soaking for 6 weeks.

### What to Expect

- The small access sites will be covered with gauze and taping to protect these areas. Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persist for 3-6 months or more.

- Expect temporary numbness, bruising, swelling, and soreness, burning sensation, bleeding, pain and discomfort.
- You may have fluid drainage from access sites. This is normal. You might feel stiff and sore for a few days.
- It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but generally, after about a week, you should begin to feel better. Bruising may be apparent beyond the areas of fat harvest and fat transfer, partially due to gravity.
- You may have sutures at the access sites for fat harvest. Leave them in place.
- A healthy diet and regular exercise helps to maintain your new figure. Fat transfer is a shaping procedure. Do not expect to lose weight from the Procedure.

#### **Follow-Up Care**

- Dressings are removed 5-7 days after surgery. Sutures, if any, are removed 7-10 days after surgery.

#### **If you are having an emergency please call 911**

#### **If you are experiencing any of the following, Please call the office.**

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness around the access sites.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the access sites or notice a foul odor.

If you have bleeding from the access sites that is difficult to control with light pressure.

If you have loss of feeling or motion

- **If you do need to seek emergency medical attention during recovery or should need to visit the hospital, visit St. Johns Hospital 2121 Santa Monica Blvd, Santa Monica, CA 90401**