



BRAZILIAN BUTT LIFT POST-OPERATIVE INSTRUCTIONS

- 1. After getting home, continue resting comfortably for the next 24 hours. You may sleep in any position you feel comfortable in.
- 2. Ice packs may be used to assist in reducing swelling and provide some comfort during the first 24 hours only.
- 3. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Extra strength Tylenol (Acetaminophen) may be taken in the place of your prescription.
- 4. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.
- 5. No other medication should be taken for the first 10 days after surgery. Avoid alcohol while taking any medications.
- 6. Call your doctors office immediately if you experience any of the following symptoms: Temperature above 101.8°F, shakes and chills, severe unrelieved pain, sudden onset of significant swelling or a reddened swollen area which feels firm.
- 7. You will go home wearing a garment. This is an undergarment designed to place gently pressure to the suctioned sites. This garment is to remain in place continuously for 24 hours after surgery. Expect considerable amounts of drainage of a pink to light reddish fluid from the incision sites during the next 24-48 hours. **THIS IS A NORMAL OCCURRENCE, DO NOT BE ALARMED.**
- 8. Band-aids will be placed over the puncture sites. You may remove them for your first shower 24 hours after surgery. Reapply new if needed. At this time you will have the opportunity to throw your garment in the wash in meantime while you shower. You may want to have someone assist you during your first shower. At times patients may feel dizzy and nausea.
- 9. Avoid strenuous activities/physical exercise for about a week after your surgery. You may resume normal activities gradually. **Be as active as you possibly can. Lying on bed all day is not recommended.**

- 10. You are to wear your compression garment for approximately 23 hours a day after surgery. You may remove it only for short periods of time to shower, go to the bathroom, or wash the garment. In certain cases, the doctor may ask you to wear this garment for additional time, following the initial 3-month period.
- 11. This garment is an essential factor in promoting a safe and comfortable postoperative period. The garment compresses the involved area to reduce swelling (edema) and ecchymosis (bruising) and encourage the skin to shrink evenly.
- 12. It is normal for swelling and skin discoloration (bruising) to exist at the surgical areas. Bruising may feel lumpy and hard to the touch. This is also normal and usually subsides within four to six weeks. The amount of swelling varies with each individual.
- 13. **Do not sit on your buttocks for three weeks. One of the most important things after a Brazilian butt lift is the survival of the grafted fat. Pressure on the buttock can kill or shift the transplanted fat.**
- 14. Avoid direct sun exposure to the suctioned sites for several weeks after surgery.
- 15. Please avoid all forms of nicotine two weeks before and after surgery. Nicotine is a vasoconstrictor and may increase risks of unnecessary post-operative complications. In general, be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.

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