



## Brazilian Butt-lift Post-Op Instructions

- Discontinue all aspirin products or medicine that can increase your chance of bleeding two weeks prior to surgery. This includes: diet pills, all herbal medications (tumeric), flax seed oil and vitamin E.
- Have someone drive you home after surgery and help you at home for 1-2 days. Get plenty of rest; and follow a balanced diet.
- Take pain medication as prescribed, stay hydrated and use a stool softener as needed to avoid constipation. 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.

### **IMPORTANT: AVOID SITTING AS MUCH AS POSSIBLE FOR THE FIRST THREE WEEKS AFTER SURGERY**

- Walk as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- You may shower 24 hours after surgery.
- 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.
- Try to sleep on your stomach or sides rather than your back.
- Strenuous exercise and activities such as sports should be avoided for 4 weeks. No hot tubs, pools, ocean or swimming for 4 weeks.
- You will need to wear a compression garment in the area where the liposuction was performed to harvest fat for the fat transfer for 4-6 weeks after surgery.
- The garment should be worn 24 hours per day and 7 days a week except to shower. After showering, and drying, re-apply garment and pads as needed 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 sun block, if sun exposure is unavoidable (SPF 30 or greater).
- Keep the incision sites clean, dry and inspect daily for signs of infection. Some drainage is expected for the first week, but let us know immediately if it becomes thick or purulent.
  
- Most of the swelling and discoloration/bruising usually subsides in 6-8 weeks, but some may persist for 3-6 months or more.
- Expect temporary numbness, bruising, swelling, soreness, burning sensation, mild bleeding, pain, drainage, and/or discomfort.
- Bruising may be apparent beyond the areas of fat harvest and fat transfer, partially due to gravity.
- Once cleared by your surgeon, a healthy diet and regular exercise helps to maintain your new figure.
- Fat transfer is a shaping/contouring procedure. Do not necessarily expect to lose weight from the procedure.
- Your initial result will change as some of the swelling subsides, and there will be a loss of a certain percentage of the fat with time as well. Generally, overall retention of the fat is fairly good.

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**Please call if (832.835.1131):**

- You have increased swelling or bruising
- You have redness around the access sites.
- You have severe or increased pain not relieved by medication.
- You have any side effects to medications; such as, rash, nausea, headache, vomiting.
- You have an oral temperature over 100.4 degrees.
- You have any yellowish or greenish drainage from the access sites or notice a foul odor.
- You have bleeding from the access sites that is difficult to control with light pressure.
- You have loss of feeling or motion or difficulty breathing

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