



PLASTIC
SURGERY

Brazilian Butt Lift Post-Operative Care:

If you are having a butt lift procedure **you cannot sit on your butt for 2 weeks.**

RIDE HOME FROM SURGERY:

You CANNOT drive after the surgery. Because in order to drive you must sit! And **sitting is not allowed for 2 weeks.** You must lay in fetal position in the back seat on your side, with your butt slightly off the front of the seat in order to protect the fat that has been injected into that hip.

SLEEP:

You must sleep on your stomach only and not on your sides or back to protect the fat transfer for two weeks after surgery.

BATHING:

You may not shower until post-operative day 4 (this means 4 days after surgery), for example if your surgery is Monday then you will not be able to shower until Friday. **DO NOT** submerge yourself into a bath, do simple rinse and pat dry **ONLY.** You need to remove your garment to shower.

WHAT TO EXPECT WITH MY BODY:

You will notice a big change in your body, however you should expect quite a bit of swelling and a large amount of bloody/pinkish drainage, do not be alarmed this is **normal** for the first 48 hours.

Your buttocks will feel quite firm, but will soften up considerably over the next few months.

Although the gauze will seem to get somewhat soiled, just leave the gauze in place until your allowed to bath on your postoperative day 4.

USING THE BATHROOM:

You will notice that in your garment there is a slit that exposes your vaginal and anal areas, this will allow you to use the restroom, however **DO NOT** sit on the toilet seat, squat or urinate in the shower. Again **you are NOT allowed to sit for 2 weeks after surgery.**

MEDICATIONS:

Only take medicine that is needed because the other medications can cause itching.

Mandatory:

CLINDAMYCIN OR KEFLEX – This is your antibiotic, take one pill four times a day. Take the first pill when you come home from the operating room.

Arnica Montana – This is an herb that helps with bruising, take 3 pills along with your antibiotics 4 times a day. You may purchase this over-the-counter from almost all pharmacies. Start this the day of or the day after surgery.

As needed:

Tylenol with codeine or Norco – These are your pain medicines, and you can take 1 pill every 4-6 hours IF NEEDED ONLY. This medicine can cause nausea, constipation, and itching, so use as necessary.

Valium (if prescribed) – This medication can be used to alleviate anxiety or relieve muscle spasms that can result shortly after surgery; you can take up to one tablet every 6 hours. This medication can make you drowsy or tired. So take only as needed.

EXERCISE REGIME:

Exercise is essential to preserve the fat, and it will not make your butt smaller. Adequate blood flow achieved through exercise is essential for preservation and nourishment of the transplanted fat. You will start your exercise program 2 weeks after your surgery.

YOUTUBE is an excellent source for exercise regime, we recommend the bikini model fitness channel. Any of the workouts pertaining to the buttocks are adequate, so long as they do not involve sitting down and compression of the buttocks. The end point should be a burning feeling in the buttocks which confirms that adequate increase in blood flow has been achieved. With time ankle weights can be added.

FOLLOW UP APPOINTMENTS:

Please follow-up as instructed by your doctor.

Prior to your 2-week follow-up please **purchase a corset**. Possible sources for these garments are; Fredrick's Of Hollywood or Corsetstory.com. It is strongly suggested that you go and try these on in person to insure that the corset provides shapely compression and does not impinge on the upper portion of the buttocks. The best styles are lace up on the back and multiple hooks up the front to allow the corset to be downsized as your swelling diminishes over time.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE

LET US KNOW! THANK YOU