

Brazilian Buttock Lift Post-Operative Instructions

General Instructions

- Someone must drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet with high protein and fluid intake.
- Decreased activity may promote constipation, so you may want to add more raw 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.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- **Do not sit on your buttock for two weeks after your procedure.** You can lay side to side or on your abdomen. If you had an abdominoplasty with your BBL, you are permitted to lay side to side only, do not lay on your abdomen or buttock.
- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive for two weeks after surgery, you cannot sit on the buttock area for 2 weeks.
- No strenuous activity for 2 weeks, increase activity as tolerated.
- Resume social and employment activities as tolerated.
- Wear your compression garments 4 weeks after surgery. Wear for a minimum of 23 of 24 hours a day, removing to shower.

What to Expect

- Leave surgical dressings and binders on until follow up in the office. **You will leak/drain A LOT from the liposuction port sites**, likely through the provided garments, clothing, sheets, and on to furniture. Use gauze and pads while sitting and laying on furniture to catch the drainage.
- Maximum discomfort will occur the first few days after surgery.
- You will experience temporary soreness, bruising, swelling and tightness in all areas where liposuction was performed.
- You may not have sensation surrounding skin or along the incisions. This usually returns with time but can take up to 12 to 18 months.
- You may have random, shooting pains and itching throughout your abdomen/back/flanks/additional liposuction sites and along incisions for a few months. This is part of the normal healing process.

Incision Care

- Your liposuction port sites will close on their own 3 to 5 days after surgery. Once closed, keep port sites moisturized. We recommend using vitamin e lotion or cocoa butter.
- Avoid exposing scars to sun for at least 3 months.

- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater). We recommend sunscreen that contains zinc oxide.
- No tub soaking/swimming for 4 weeks.
- If your skin is exceedingly dry after surgery, you can apply a moisturizer several times a day, but be sure to keep the suture area dry.

Appearance

- Most of the discoloration and swelling will subside in 4-6 weeks. Small amounts of swelling can come and go for 3 to 6 months, sometimes even up to a year.
- The areas where liposuction was performed will feel firm to the touch. It is common to feel lumps/bumps, these will come and go for 3 to 6 months.
- The buttock will be firm and tight, this will soften over the next 4 to 6 weeks.
- The port site scars may be red and angry looking for 6 months. In time, these usually soften, flatten, and fade.

Follow-Up Care

- Follow up on the next clinic day after your surgery. Expect additional follow up appointments 3-4 weeks and 3-6 months after your surgery.

When to Call

- 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 increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For Medical Questions, Please contact:

- Katie Leemaster PA-C at katie@districtps.com or Dr. Praful Ramineni at doc@districtps.com
- (202) 742-3999, Monday - Friday, 8 a.m. - 5 p.m.

Please Email Jackie at jackie@districtps.com to set up your post op appointment for Monday/Thursday _____ (please give preference of morning or afternoon post op appointment).