

Buttock or Hip Implant Surgery 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 directly on the implants for two weeks after surgery.**
- 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) and you are cleared to sit directly on the implants.
- Refrain from vigorous activity for 2-4 weeks. Increase activity gradually as tolerated.
- Avoid lifting anything over 5 pounds for 2 weeks.
- Resume social and employment activities in about 1 to 2 weeks (if not too strenuous).
- Wear your surgical garment for 4 weeks after surgery. Due to post op swelling, we recommend waiting 6 weeks before getting remeasured for clothing.

Incision Care

- Leave surgical garment and dressings in place. Drainage and oozing onto the dressings and garment is very expected.
- Remove garment and dressings to shower 48 hours after surgery. Replace and wear surgical garment until follow up.
- 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 1 month.
- 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.

What to Expect

- Incisions will be taped with steri-strips. Leave these in place until they fall off themselves or need to be changed. You can expect drainage onto the steri-strips.
- Expect moderate drainage on your initial dressing, it is not uncommon for this to seep onto the surgical garment and gauze.

- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling and tightness in the surgical area as well as discomfort around the incision.
- You may not have sensation in the buttock/hip area, 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 and along incisions for a few months. This is part of the normal healing process.

Appearance

- Most of the discoloration and swelling will subside in 2-4 weeks.
- Your breasts will feel firm to the touch.
- Scars may be red and angry looking for 6 months. In time, these usually soften and fade.

Follow-Up Care

- Follow up within 1 week of surgery. Expect additional follow up appointments 3 weeks and 3 months after your surgery.
- All sutures will be dissolvable.

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).