
Brazilian Butt Lift
POST-OPERATIVE INSTRUCTIONS

INTRODUCTION

The following is a list of general expectations and instructions for your care prior to and following your Brazilian butt lift. Please thoroughly read these instructions as most of your questions should be answered here. Instructions for your care will be reviewed with you again the morning after surgery. Following these instructions carefully should help you get the best results from your surgery.

PREOPERATIVE

- Please read your entire pre-op packet.
- Plan ahead to ensure a more relaxed recovery; stock the house with comfort foods and arrange a comfortable place to sleep.
- Set up a support system, someone reliable to drive you to postoperative appointments and help with postoperative care.
- NO SMOKING for one month before and after surgery.
- Stop blood thinners (aspirin, Advil, Aleve, Motrin, ibuprofen, Plavix, etc.) one week prior to your surgery, unless otherwise instructed.

POSTOPERATIVE CARE

Help at Home

It is very important to have a strong support system during the post-op period. You must have someone available to drive you home after surgery and stay with you through the night. We will not perform surgery if these arrangements have not been made. It is normal for a patient to become light-headed when rising from a sitting or lying position or when removing dressings; this is why it's important to have someone with you to help.

Medications

- Prescriptions for post-op medications will be given to you the day of your surgery. You will be given a narcotic pain medication. If you have a history of nausea while taking narcotic pain medications, you may also be given a prescription for this. Postoperative antibiotics are usually not needed. Please take these medications as directed when needed, beginning the day of surgery. If you are unable to take any of the medications, please contact our office so we can arrange for other medications to be prescribed.
- If you are prescribed oxycodone, you can also take two extra-strength Tylenol (acetaminophen) every six hours.
- If you are prescribed a version of hydrocodone (Norco, Lortab, Vicodin), this has Tylenol in the pill, and extra Tylenol should not be taken. You may take Tylenol instead of the hydrocodone pill.
- If you experience nausea or vomiting, it is most likely due to the narcotic in the prescription pain medication. Please try to take the prescription with food; if symptoms persist, please contact our office.
- Prescription pain medications can cause constipation. If you feel that you may be getting constipated, take a gentle laxative, such as Milk of Magnesia, or call our office for a stool softener or laxative prescription.
- You may be prescribed Xarelto which is a blood thinner that you will begin the DAY AFTER SURGERY to help prevent a DVT (blood clot). You will be on this for 10 days following surgery. While you are on Xarelto, you cannot take any other blood thinners such as Aspirin or Ibuprofen (Example: Advil, Motrin and Aleve)

Dressings

You will come out of surgery with a dressing applied around your liposuction incisions to help absorb any drainage after surgery. You will also be in a compression garment that must be worn at all times unless you are showering and/or washing the garment. Please wait until your first follow up appointment and our staff will get you out of the garment the first time.

Sutures

There is typically a single dissolving suture on your liposuction incisions that will fall out or dissolve the first week.

Position

Don't sit on your buttocks at all for the first 3 weeks at all and if you had fat grafted to your outer buttocks/thighs, do not lay on your side- laying on your stomach is the best option to protect the newly grafted fat. During the 3-6 week recovery period you may begin to sit on your buttocks but for short periods only. Using a supportive pillow under your thighs and keeping your buttocks elevated is recommended whenever possible.

Activities

Any type of strenuous activity can induce swelling and bleeding, especially during the first 10-14 days after surgery. In general, guide your activities by your discomfort — that is, if an activity hurts, don't do it. If your job keeps you sedentary, you may feel well enough to return to work within five to seven days. If you have an active job, you will need more time. If the swelling or discomfort increases, you most likely have done too much too soon. In general, you should avoid strenuous activities for at least four weeks and then gradually increase activity. At six weeks after surgery, you should be able to resume normal, full-strength lifting and exercise.

Garment

To be effective, the garment should fit snugly and not be too tight as to cause a lot of pressure on the buttocks. Inspect your skin if you feel discomfort. The compression garment should not be so uncomfortable that it prevents you from sleeping. The tightness of your garment should feel like a bandage wrap that you might wear as a brace around your knee or an ankle. The garment should not cause indentations or puckering of the skin where the liposuction or fat grafting has been performed.

POSTOPERATIVE EXPECTATIONS

How much fat will survive

The number of transferred fat cells that will survive transplantation is impossible to predict exactly, but it is normal for some of the fat cells to die and be reabsorbed by the body.

Typically **50% of transferred fat cells remain** after patients recover.

How long will my results last

Enduring results become apparent after the recovery period. During recovery, some of the fat cells are reabsorbed by the body, and a new blood supply must form to supply the healthiest transferred fat cells. After this process is complete, the **BBL results are mostly permanent**.

The size of your buttocks will change if you gain or lose weight. If you gain weight, your buttocks will become larger because the fat cells in that part of the body will get bigger. If you lose weight, your buttocks will get smaller because the fat cell volume will decrease.

POSTOPERATIVE APPOINTMENTS

Your first post-op visit to our office will be five to seven days after the surgery, you will return two weeks after that, and then in one month. If you or Dr. Lewis have any concerns, your post-op visits will be more frequent. Visits will decrease in frequency, but Dr. Lewis would like to see you every two years indefinitely, to confirm that all is going well with you and the implants.

CALL DR. LEWIS IF:

- Temperature is greater than 101.5
- Redness around incision
- Increasing pain that is intolerable
- Pus coming from incision
- Severe or sudden swelling
- Swelling in one or both legs
- Shortness of breath
- Heavy bleeding

Please do not hesitate to ever contact our office

804-267-6009

