



NORTHEAST PLASTIC SURGERY
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Brazilian Butt Lift

Post-operative Instructions

- ▶ Your post-operative appointment is scheduled for _____.
- ▶ Oozing is normal from the liposuction incision sites for several days, characterized as thin, blood-tinged fluid. You may change the 4"x4" gauze sponge dressings if the original dressings become moist or soiled with gauze sponges or maxi pads. Your dressings will otherwise be removed at your first post-operative visit. Keep your garment in place. It should be worn for a total of 12 weeks.
- ▶ Bruising, even significant bruising, is common around the liposuction sites. It is not uncommon for bruising to also settle into areas remove from the liposuction sites. This bruising typically resolves over the course of 1-3 weeks.
- ▶ Compression garments are placed at the conclusion of the procedure to minimize discomfort and swelling, and to help contour the skin. They should be worn snugly and continuously until your surgical team instructs you otherwise. We highly encourage the usage of a compression garment for 3-4 months following your surgery to help minimize swelling and to give your body the support needed to promote the healing process.
- ▶ It is recommended to avoid direct pressure to the buttocks or lateral hip areas for 6 weeks. These sites will be uncomfortable and somewhat tender or painful. If possible, sleep on your abdomen or use a BBL bed, which has an opening for the buttocks. Side sleeping should also be avoided during this time. After 7-10 days, you may use a BBL pillow to sit in a chair. This is a special pillow that rests under your thighs and allows your buttocks to hang without any direct pressure.
- ▶ You may sponge bathe or shower 24-48 hours following your procedure. You should remove the dressings and support garment and/or binder for this. When you do take your first shower, please ensure to have someone nearby to assist in case you feel dizzy.
- ▶ Use lukewarm, soapy water for showering, allowing it to rinse over your body, followed by patting dry the surgical sites. Avoid hot or even very warm water so as to prevent engorgement and increased swelling of the soft tissues. Replace the support garment and/or binder after bathing.

- ▶ You have received prescriptions for _____ as an antibiotic and _____ for pain relief. You may alternatively take Tylenol for pain relief. Please take Colace as a stool softener to limit constipation.
- ▶ You may resume the following anti-platelet agents 24 hours after your surgery: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol. You may also resume any of the following supplements at this time: fish oil, herbals, and supplements including those containing Vitamin E.
- ▶ If you are taking the following blood thinners or anti-platelet agents, you should have already obtained instructions pre-operatively when they may resume, but please discuss with your surgical team: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xarelto, Eliquis, or Brilinta.
- ▶ Do not consume alcohol while you are taking any medications following surgery, especially pain medications, muscle relaxants, anti-anxiety medications, sleeping pills, or other sedatives.
- ▶ You may utilize ice packs (wrapped in moist washcloths or towels) for 20 minutes on, and 20 minutes off, to reduce swelling and bruising at the liposuction sites ONLY. Frozen vegetable packs also make an excellent substitute for a traditional ice pack. No ice should be placed over the buttocks or hips.
- ▶ Your buttocks will look very full in the first 1-4 weeks following the procedure. The swelling and size will slowly decrease over time due, in part, to absorption of some of the fat injected. This is the normal process that occurs following fat grafting.
- ▶ If you experience high fevers ($\geq 101.4^{\circ}\text{F}$), excess drainage from the incisions, excess swelling, redness, pain, or foul odor, please contact the office immediately.
- ▶ You may resume your pre-operative diet as tolerated.
- ▶ Please refrain from nicotine containing products for at least 4 weeks following your surgery. Nicotine reduces circulation and can therefore result in wound healing impairment.
- ▶ Despite the small size of the incisions utilized during fat transfer, any break in the skin has the potential to form a visible scar. There are a number of different modalities that can limit scar formation post-operatively. Starting 2 weeks post-operatively, we may recommend that you utilize silicone sheeting. This therapy may be purchased online or in many pharmacies, over the counter. Silicone sheets should be applied overlying the healing scar for at least 12 hours daily, and ideally closer to 24 hours daily, with gentle cleansing of the scar performed once daily. An individual sheet may be re-used multiple times, with the average lifespan being 7-10 days. Alternatively, you may choose to utilize any number of silicone scar reduction gels, such as Mederma®, and massage in a thin coat twice daily to the scar for 2-3 months. We recommend silicone gel with the added embedded SPF component.