



## Brazilian Butt Lift Pre and Post-Operative Instructions

### Pre-Op Instructions

- Stop all aspirin products, female hormones (including BCP's) and herbal medications 10 days prior to surgery. Vitamins in standard doses can be continued through the date of surgery.
- Wash the surgical areas daily with the antibacterial soap (Hibiclens) starting 3 days prior to the surgery (**do not use on the face: body only**).
- Please let your surgeon know if you have a history of post-operative nausea and vomiting. You may be given preop medications for nausea (scopolamine, emend). Please take them as instructed.

### Things to Purchase Prior to Surgery

- ABD pads, surgical pads or large maxi pads: These will help to absorb any fluid that may seep from the incisions (a normal experience).
- Compression garments (**Faja** or similar): Purchase two of each (your usual size and one size larger) either online, at a medical supply store or department store. **We have provided links to these items below.**
- Stool softner (Ducolax, Miralax, Metamucil, etc.): Pain medication can constipate you. Peri-Colace is our favorite as it helps soften the feces ("the mush") and also helps stimulate the bowels ("the push"). These should be started the day after surgery.
- Compression stockings: Please plan to purchase a pair at Target<sup>®</sup>. They will need to be worn for 5 days postoperatively.
- Oral thermometer: It is important to monitor your temperature after surgery if you feel "feverish" or hot. You have a fever if you have a temperature above 101.5.
- You can purchase a "Booty Buddy" pillow (or one like it) if you must sit prior to three weeks. The patented Booty Buddy seat cushion works by supporting your thighs, which enables your butt to hang free when seated with no pressure added. You can purchase at <http://thebootybuddy.com>.

## Post-Op Instructions

- You **MUST** have someone available to drive you home after surgery.
- It is important that you have another responsible person available to assist you for the first 2-3 days after surgery.
- It is extremely important that you take short walks every 1-2 hours in your home up until bedtime to reduce swelling and prevent clots in the legs. We want this to start **THE NIGHT OF SURGERY!**
- Many patients do well with prescription strength Motrin for pain, but frequently a stronger pain medication (such as Hydrocodone) will be prescribed. We do not want you ever taking more than 8 tabs per 24 hours. We would like you to taper this medication starting 3-5 days after surgery to perhaps one tab every 4-6 hours. This medication will cause constipation and the best treatment for the constipation from this medication is to get off the medication as soon as possible. Please use as prescribed.
- Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. There is Tylenol in your pain medication that should control mild fevers. If the temperature is over 101, most of the time the cause is not walking or doing the incentive spirometry breathing treatments enough. Call us if your temperature stays higher than 101.5 for more than 8 hours and does not respond to walking, deep breathing and coughing.
- No strenuous exercise for 4 weeks:
  - No lifting >10 pounds
  - No aerobic activities (treadmill, bike, aerobic classes)
  - Do not increase your heart rate over 100 beats per minute
  - No weightlifting for 6 weeks (arms, chest, shoulders)
- **IMPORTANT: DO NOT SIT ON YOUR BUTT FOR FOUR WEEKS AFTER SURGERY**
- Do not lay on your back or sit on your buttocks for at least 14 days after surgery. After 14 days, you should not sit for prolonged periods (2 hours) for the next 4 weeks. Remember this creates pressure and may cause you to compromise the circulation to the fat that was just transferred there. This allows the fat to regain its blood supply from the surrounding fat's blood supply.
- Do not squat or stretch for 4 weeks. Activities can cause pressure in the buttocks and can destroy transplanted fat.
- Do not drive for 4 weeks.
- You may sleep on your stomach or sides for 4 weeks.
- Work may be resumed in 1-3 days depending on how you feel and job requirements. Ask your physician.
- Do not drive within 6 hours of taking pain medication.

- You may resume “normal activities,” such as, shopping and light chores as tolerated, usually within the first 3/4 days.
- You may resume sexual activity when it is comfortable to do so. This is typically 1-2 weeks after surgery. It is important to avoid direct pressure during the healing process for the first 4 weeks.

### **What to Expect**

- If your dressings become soiled before your first post-operative visit, you may change them. However, be sure to maintain a sterile environment when doing so.
- You can begin showering 24 hours after surgery. Do not soak your incisions in a tub or pool for 2 weeks.
- It is very common to have altered sensation of your buttocks, and this usually returns to normal within a few months.
- Your first appointment after surgery will be within 5-10 days.
- It is normal to experience pulling or pinching sensation for weeks and sometimes months after surgery.
- Swelling is to be expected for several weeks.
- DO NOT SMOKE. This is very important!!! Smoking (tobacco, marijuana, or vapes) can result in a lack of blood supply to tissues and fat causing tissue death or delayed wound healing. Even 0% nicotine vapes contain a trace amount of nicotine that the FDA accepts as 0%.
- Smoking can resume 6 weeks after surgery as long as no challenges in healing are present.

### **Scar Therapy**

- We use Silagen® Scar Refinement System(<http://www.silagen.com>) at our office (you can purchase this at our office). Silagen® silicone gels are made with the highest quality medical grade silicones that create a protective barrier over scars, which increase hydration and help stop excessive collagen buildup. This will help flatten and soften scars and reduce redness, itching and pain.
- You may begin using Silagen® as soon as the skin is fully closed, after all sutures are removed and after all scabs have fallen off. This usually occurs anywhere between 3 – 6 weeks from surgery.

## **Binder and Compression Garments**

- You may wear a compression garment of your choosing after your first shower which is 3 days after surgery. Please wear a compression garment or SPANX for a total of 12 weeks following surgery.

## **Where to Buy**

- Marena compression garments can be purchased online at
  - <https://marena.com/collections/brazilian-butt-lift>
  - <https://www.amazon.com/bbl-faja-garment-after-surgery/s?k=bbl+faja+garment+after+surgery>
- Additional garments can be purchased online by typing “compression garment for Brazilian Butt lift” on Google or at a medical supply store.
- Wear a muscle shirt or camisole under the compression binder provided to prevent rashes or itchy skin.
- The garment is to be worn 24/7 for the first 4 weeks following surgery.
- After 4 weeks, the garment is to be worn for 16 – 24 hrs./day for an additional 8 weeks.