

# Postoperative Instructions for Patients Undergoing Brazilian Butt Lift

## 1. **Getting home and postoperative supervision.**

You will not be permitted to drive after general anesthesia or intravenous sedation, as it is extremely dangerous. Please arrange for a friend or family member to drive you home and stay with you for at least one to two days.

## 2. **Activity for the first 24 hours.**

Following the surgery, high-impact activities should be avoided. After surgery, you should rest for 24 hours and avoid straining and stooping. When resting, elevate the surgical area as much as possible.

## 3. **Sleeping and sitting positions.**

After having a Brazilian Butt Lift, it is critical to avoid putting pressure on the buttocks for two weeks. You should sleep on your stomach or side and refrain from sitting as much as possible. When sitting is necessary during the first six weeks, use a pillow beneath your thighs or a donut-shaped cushion to support most of your weight and reduce pressure on the butt.

## 4. **Diet.**

After the surgery, you may consume liquids such as soup, tea, soft drinks, or Jell-O. Try to limit sodium intake to reduce swelling. After surgery, be sure to drink enough water to prevent dehydration. Gradually progress to a soft diet and then to a regular diet over the following 24 hours. It is important to follow a healthy diet after your Brazilian Butt Lift. Try to focus on protein, antioxidants, and vitamin-rich foods.

## 5. **Medications, herbal supplements, vitamins, and alcohol.**

Regular Medications. You may resume your regular medications unless Dr. Boyd directs otherwise. However, avoid aspirin and aspirin-containing products for two weeks before and after surgery. Remember, many herbal supplements adversely affect the clotting process and actively cause bruising and bleeding. These should be stopped two weeks before surgery and may be resumed two weeks afterwards. Dr. Boyd does not recommend taking mega doses of vitamins more than the normal daily requirement (which is adequately met by a normal balanced diet). Please discontinue this form of medication for two weeks before and after surgery unless you are being treated for a specific deficiency. One multivitamin tablet per day is permissible, however.

Discharge Medications. Fill your prescriptions and take your post-operative medications as directed. If you should become nauseated or develop a rash, call the office

Pain Medications. Most strong pain medications are derived from morphine and are

called opioids. They can induce varying degrees of nausea and vomiting in different individuals. If this is the case with you, try reducing the dose and taking the medication with meals. If the nausea persists you should take the anti-nausea medication as directed. If you remain nauseated, contact Dr. Boyd who will switch you to an alternate pain killer; but remember, any opioid can potentially make you sick. Persistent nausea may necessitate discontinuing opiates altogether and taking Tylenol or Ibuprofen instead. In any case, it is advisable to stop taking opioids as soon as possible to eliminate the associated drowsiness, hasten your recovery, and reduce the risk of dependence.

Stool Softener. Opioids can cause another troublesome side-effect: constipation. Avoid this by taking Colace 100mg twice daily or a stool softener of your own choice.

Antinausea medications. Dr. Boyd usually prescribes a medication that dissolves under your tongue. You may take this three times daily. Please note that this medication also causes constipation!

Antibiotics. Take postoperative antibiotics if directed. If you develop an itchy rash call Dr. Boyd's office.

Alcohol. Avoid alcohol until post-operative medications are finished.

## **6. Dressings.**

You may be given a compression garment to wear around the fat harvesting sites. If you are asked to wear a compression garment, wear it for 23 hours a day. This garment will help to reduce swelling and promote blood circulation in the harvesting sites. It is perfectly acceptable to take it off for one hour per day to shower, but it should be replaced as quickly as possible. Avoid any compression on the buttocks.

## **7. Wound care, shampooing, and showering.**

You may shower 24 hours after your Brazilian Butt Lift. Use lukewarm water only when showering. Make sure you have someone with you the first time you shower in case you start to feel light-headed. Please do not ice the surgical areas unless given clearance by Dr. Boyd.

## **8. Activity after the first 24 hours (including driving).**

Start walking soon after your Brazilian Butt Lift, as this helps to reduce swelling and lowers the chance of blood clots. After one month, light activities, such as fast-paced walking, can be resumed. Do not drive for one week and never while taking any pain medications.

As you cannot put any pressure on your buttocks for at least two weeks, you will need

to avoid any activities that require you to sit directly on your butt.

**10. Things to avoid. (See 2, 3, and 5 also).**

It is vital that you do not smoke after surgery to avoid respiratory and wound healing complications. Smoking should be avoided for at least two weeks after your Brazilian Butt Lift. You should also avoid significant weight gain since the fat cells in your body that have been shifted around may give rise to a deformity.

**11. Bruising, swelling, and other normal events.**

You may have bruising, swelling, and mild discomfort in the buttocks as well as from the fat harvesting sites. This is normal and will gradually resolve over a period of a few days to weeks. However, fever, shortness of breath, chest pain, or unusual pain in the operated area, especially on one side, should be called to the attention of Dr. Boyd immediately.

Someone in the office will call you the day after your Brazilian Butt Lift to check on your condition and answer any questions you might have. You can reach Dr. Boyd or a staff member around the clock by calling (310) 295-2287.

These instructions are not intended to cover every possible problem that could arise. Good judgment on your part is essential for a good result.