

BRAZILIAN BUTT LIFT

Pre-Operative and Post-Operative Patient Instructions

WATCH PRE-OP AND POST OP RECOVERY VIDEOS



[Pre-op Instructions Video](#)



[Post-Op Instructions Liposuction Video](#)

PRE-OPERATIVE INSTRUCTIONS FOR BBL (BRAZILIAN BUTT LIFT)

SHOPPING LIST

Prescriptions

Submitted to your pharmacy. Your pharmacy should contact you when ready to pick up.

Stool Softener (preferably MiraLAX)

Helps with constipation associated with narcotic pain relievers.

Tylenol (Acetaminophen)

Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS.

NIGHT BEFORE SURGERY

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- **Set Up Home Recovery Area.** This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.

DAY OF SURGERY

- **Dress Comfortably:** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- **DO NOT wear** any makeup, jewelry, cosmetic creams, hair products, deodorant, sunscreen, and remove all piercings.

POST-OPERATIVE INSTRUCTIONS FOR BBL (BRAZILIAN BUTT LIFT)

NIGHT OF SURGERY

- **Sleep:** You must sleep on your stomach for the first two weeks after your surgery. Putting a few pillows under your pelvis to allow your hips to be flexed may help with further comfort.
- **Movement is Important:** Make sure you are up and walking around immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Take deep breaths frequently to keep your lungs clear.

MEDICATIONS

- **Pain:** You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcomed to take Tylenol in place of the prescribed medication. Do not take Tylenol with the pain medication, often the medication you are prescribed will have Tylenol in it. **Do not exceed 4,000 mg of Tylenol in any 24-hour period.** Take medication with food to minimize risk of nausea.
- **Nausea:** A common side effect after general anesthesia and strong medications. If you are experiencing nausea, we advise that you take your nausea medication.

- **Constipation:** You will experience constipation if taking narcotic pain relievers. MiraLAX or other over the counter laxatives are recommended. Do not wait to take until you are constipated.
- **Medications to Avoid:** Take only those medications approved or prescribed by your surgeon.

NUTRITION

- **Diet:** A light low-fat diet is best after surgery. You may start a regular diet the day after your surgery if you are not feeling nauseous or vomiting. Start with liquids for the first few hours after surgery and then slowly advance to more solid foods.
- **Hydration:** Stay hydrated by drinking 8 -10 glasses of water a day. Avoid alcohol for 48 hours and while you are still taking pain medications.

ACTIVITY

- **Physical Activity:** Normal daily activity can be resumed a few days after surgery. Avoid lifting more than 5lbs, bending, straining, or intense cardio activity for the first 2 weeks.
- **Sitting is to be absolutely avoided for a full two weeks** after your Brazilian Butt Lift. It is advised to use an extra cushion when sitting (a soft pillow, doughnut cushion, rolled up blanket under your hips, etc.). This will help disperse and minimize direct pressure on the grafted site. Avoid sitting for extended periods of time.
- **Exercise:** You can resume a light exercise regimen in approximately 2-3 weeks after surgery, though start easy and build back up to your previous exercise levels. Just know that swelling may transiently be worse with exercise.
- **Compression Garment:** A compression garment must be worn 24 hours a day for two weeks on your buttocks following your Brazilian Butt Lift surgery. The garment should fit snug but not too tight that you have trouble breathing or you develop wounds or blisters from the compression. Always wear your garment except for when you shower or wash it. This will help minimize swelling and help in contouring the body. You may be asked to switch to a Spanx type of garment after a few weeks of wearing the garment that we have provided you.
- **Driving:** Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Use good judgment.
- **Massage:** Lightly massage the liposuction areas to help with recovery. It will feel odd initially but will get better the farther you progress from surgery. It is helpful to get a



deep tissue massage performed as well. This can be done after your first postop appointment and when you are ready.

- **Travel:** Personal operation of an automobile is restricted for two weeks after your surgery. If necessary, you may be driven by another person. Airline travel is restricted for 2 weeks postop. You will notice increased swelling with airline travel which can happen even 6-8 weeks postop due to the pressure changes that occur.
- **Return to work:** Most patients require approximately 2 weeks off work depending on their job responsibilities. Returning to work with a light schedule initially or even part-time can be beneficial as well.
- **Sexual Intercourse:** Sex can be resumed when you feel ready with no restrictions.
- **Showering:** You may shower with assistance the day following surgery. Remove your garment and any compression foam. Incisions are covered with a waterproof dressing and require no attention. Replace garment after your shower.
- **Hot Tubs/Baths/Swimming Pools:** No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, typically around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

HOW TO TAKE CARE OF YOUR INCISIONS

- **Incisions:** Your incisions are covered with a waterproof dressing. No dressing changes or incision care is required. After your first postop visit, the dressing will be removed and tape will be applied. This special brown tape helps with scar healing and improves the appearance of your scar. Continue to cover your incision sites with the brown tape for as long as your surgeon suggests.
- **Avoid the Sun:** Direct sunlight to the incision needs to be fully avoided the first month after surgery. However, scars may take up to a year to fully heal. Sun damage to the area during the first year can cause permanent pigmentation changes. Always use sunscreen on the scar to ensure proper protection.

WHAT TO EXPECT

- **Drainage:** Drainage can occur from the incision sites for the first 24-72 hours. The drainage will be blood tinged. You may use gauze or a light pad to reinforce post-op dressings if this occurs.

- **Discomfort:** Pain, stiffness, and soreness can be expected in the buttocks and areas of fat harvest while the body recovers.
- **Bruising:** You can expect to have bruising. The bruising can be impressive depending on the extent of liposuction and fat transfer performed. Most bruises will heal after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.
- **Results:** It is important to remember that only a percentage of the fat cells transferred to the area survive and remain permanent. You can expect to see more of a final result after 3-6 months.
- **Swelling:** Swelling is to be expected for weeks and sometimes months. The swelling can improve with intermittent rest and compression garments. Exercise and physical activity can transiently worsen swelling but is encouraged.
- **Asymmetries:** Areas of the body may heal at different rates. This means that bruising, swelling, and discomfort may not be uniform and could be greater in some areas. Once the body has healed, these asymmetries will even out.
- **Itching:** Itching at the incision sites is normal for a few days. You may take Benadryl to help with this.
- **Sensory Changes in Skin:** You may notice numbness or tingling sensation around your incision sites and throughout the affected areas which is normal. You can expect return of normal sensation after a few months.
- **Scarring:** Scars may take up to a year to fully heal. Tape is used for scar management though a topical silicone gel can also be used if desired.

DO NOT'S

- **DO NOT apply hydrogen peroxide to incision sites.** Keep postop dressings in place until follow-up.
- **DO NOT soak in baths, jacuzzies or hot tubs** until all incisions have fully healed.
- **DO NOT take Aspirin, Ibuprofen, Naproxen, or other blood thinners** until your surgeon advises you it is safe.
- **DO NOT apply heating pads or ice packs to the treated areas** unless otherwise instructed by your surgeon.



EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE (703-481-0002) OR GO TO THE HOSPITAL

- **Signs of Infection:** Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, warmth at incision site and temperature over 101°F.
- **Excessive Bleeding:** If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.
- **Other Emergency Situations:** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

