

Breckenridge Surgery Center
Brazilian Butt Lift
Post-operative Instructions

You must have someone available to drive you home after surgery. It is important to have another responsible person available to assist you in the first 2-3 days after your surgery.

It is extremely important that you take short walks every 1-2 hours in your home up until bedtime to prevent clots in your legs. We want this to start the day 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 if 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.

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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.

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Call the office immediately or go to the ER for any of the following:

- Your condition worsens, or you have a sudden onset of the following symptoms, as these can be signs of a more serious problem:
 - Pain that is not controlled with medication
 - Fever (Greater than 101 for over 8 hours)
 - Nausea and/or vomiting
 - Bleeding (different from the blood-tinged drainage)
 - Inability to urinate
 - Dizziness or shortness of breath
 - Rash
 - Rapid heartbeat or rapid breathing

Your Doctor's office can be reached 24 hours a day at
972-470-5000.

If the doctor's office phone is not being answered, please call the Surgery Center at
972-470-5859.

The Surgery Center is available Monday-Friday, 7am-3pm

Instructions given by: _____
PACU RN

Instructions received by: _____
Patient caregiver

Date: _____