

## **Butt Lift Procedure Post Operative Instructions**

- Your first postoperative appointment will be made for approximately 1-3 days after surgery. This appointment will have been made for you prior to your procedure and the exact time and date given to you ahead of time. During this visit, your wounds will be checked and your dressings changed. Your second postoperative visit is typically approximately 3 weeks after surgery and your third visit will be approximately 3 months after surgery.
- For the first few days after butt lift surgery, you will probably feel discomfort, which can be controlled with medication. Your buttock area will be swollen. The swelling will resolve over a period of days to weeks depending on the extent of your surgery. We suggest you begin walking as soon as possible although rest is very important as well. Try not to walk up stairs if possible.
- You **MUST HAVE AN ADULT DRIVE YOU** home from the facility. You will not be allowed to drive yourself or use public transportation. Our office can provide you with a private driver if you need assistance with transportation.
- After you return home, you **MUST HAVE A RESPONSIBLE ADULT STAY WITH YOU** a minimum of 24 hours. You **CANNOT** be left alone. The 24 hours begin when you are discharged from the surgery center. Have everything ready at home **PRIOR** to surgery. Make arrangements for someone to stay with you. Let the person or persons know you cannot be left alone. This is important because of the danger of falling and you may lose the concept of time for the day and overmedicate yourself.
- The effects of anesthesia can persist for 72 hours. You must exercise extreme caution before engaging in any activity that could be harmful to yourself or others.
- **DRINK** fluids (water is the best) to help rid the body of the medications used in surgery. Use straws as this will be easier and you will tend to drink more fluids the first few days after surgery.
- Diet may be as tolerated. Eating foods that are bland and soft for the first day or so – foods like after you have had the flu – may be best tolerated. You must eat more than crackers and juice; otherwise you will continue to feel weak and will not heal as well. **REMEMBER** to take the medications with a little something to eat or you will get sick to your stomach. Avoid excessive salt intake, as this can cause fluid retention and increase swelling.
- Upon your return home, light activity is permitted, such as walking, riding in a car, or any activity that is **NOT** strenuous. Rest is important too.

- DO NOT REMAIN IN BED ALL DAY. Get out of bed for all meals. Although it may be uncomfortable, it is IMPERATIVE to take short, light walks around the house at least three times daily starting the day you return home. This will help decrease the formation of blood clots in the legs.
- Do not play sports (i.e. tennis, golf, swimming, running, yoga, dance) or perform heavy house/yard work until cleared by Dr. Brown.
- Do not lift anything over 10 pounds for 6 weeks after surgery.
- Avoid lifting or carrying small children, groceries, suitcases or anything else over 10 pounds for 6 weeks.
- Avoid vigorous workouts for 6 weeks after surgery.
- Light cardio activity (i.e. walking moderate distances outside, light treadmill) may be resumed 3 weeks after surgery with Dr. Browns' approval.
- Your greatest pain and discomfort will occur during the first 2 -3 days after surgery. Take your narcotic pain medication routinely during this time, then taper off according to your pain level.
- The buttocks will feel very tight for several days. In the first few days after butt lift surgery, you will feel most comfortable lying flat. Over the next several days you will gradually be able to sit upright. Occasional twinges of pain from time to time may occur during the first several months after butt lift surgery. It takes several months for the buttock to regain a normal feel. Temporary numbness particularly just below the incision is common. The scar often becomes more red several weeks after surgery and begins to fade two to three months later. While the scar will never disappear completely, its appearance is usually very satisfactory. It may take the scar as long as 18 months to reach its final appearance.
- Do not take acetaminophen products at the same time as your prescription pain medication, as your prescription pain medication has acetaminophen included in it. You MAY, however, start to alternate extra strength Tylenol and your prescription pain medication, as you wean off the prescription pain medication.
- DO NOT take ibuprofen products (i.e. Advil, Aleve, Motrin) for one month after surgery.
- If you have post-surgical dressings in place, please keep them intact until told otherwise. Do not remove them until instructed to do so. There may be

some bloody drainage on the dressings - this is normal. If you have excessive bleeding or the bandages are too tight, call the office immediately.

- At the time of surgery, you will be placed in a well-fitting compression garment, which should be worn for 24 hours a day (including overnight) for 4 -5 weeks after surgery. Your garment will have vents so that it may be worn even when using the restroom. The garment may be washed on the gentle cycle and air-dried as needed. While this is being done, please stay off of your feet, and minimize activity.
- Drainage tubes are placed underneath the skin at the time of surgery. Prior to leaving the surgery center you will be given explicit instructions on how to care for the drains and on how to monitor the drainage output. You may empty the drains as often as you like; however, we need to know EXACTLY how much comes out of EACH drain on a 24 hour period.
- Drains are typically removed 7 days after surgery, but sometimes may be left for 2 weeks if needed. Some bloody drainage into the bulb reservoir is normal. Excessive drainage, such as more than 100 cc per 8-hour in one drain alone should be reported to our office.
- You may shower 24 hours after surgery. Wash all incisions gently with soap and water. If you have white tape (steri strips) on your incisions, leave this intact as it can get wet and normally will not come off in the shower. You may shower with the drains and pain pump in place. Although the drains are sewn in place, take care to support them so they do not pull and hurt. Remove your compression garment prior to showering and replace it when finished.
- Do not soak in a bathtub for 3 weeks after surgery.
- Do not clean your incisions with Hydrogen Peroxide as it can inhibit wound healing. If you need to use it to help dissolve blood clots and crusting initially that is ok, but do not use it daily.
- Do not apply hot or warm compresses to any of the surgical areas.
- Some itching of the healing wounds is expected, but avoid scratching the incisions.
- Most skin sutures are dissolvable and do not need to be removed. Sometimes you will have sutures that need to be removed. The steri strips on your incisions will remain intact for 7 - 10 days.
- It is not uncommon for your genitalia, legs and feet to become swollen and/or bruised after surgery. If it becomes excessive, contact our office.

- Driving is permitted 1 – 2 weeks after surgery if you feel well and are not taking prescription pain medication or sedatives.
- Expect to take at least 7 – 14 days off of work if you are employed.
- It may take up to one month or more for your normal energy level to return.
- DO NOT travel out of town after surgery unless discussed with the office ahead of time.
- Avoid intercourse for 4 weeks, and then continue to be careful for the next two weeks.
- NO SMOKING for 6 weeks after surgery.
- Drinking alcoholic beverages may be resumed only after you are off all prescription pain medication.
- After surgery, it is important to have a bowel movement within a day or two. If you do not, you may take over-the-counter laxatives to encourage your bowels to move.
- Do not use a hot tub or sauna for 4 weeks.
- You may use a swimming pool after 4 weeks if all of your wounds are closed and healing well.
- Do not expose your scars to the sun for 4 weeks. After that, it is extremely important to place sunscreen, minimum of SPF 30, to all scars when outside for a minimum of one year after surgery. Sun exposure can cause permanent discoloration of the scars. Sunlight can even reach scars under a swimsuit or clothing, so take adequate precautions.
- If you experience any generalized itching, rash, wheezing or tightness in the throat, stop taking all medication and call the office immediately, as this may be a sign of a drug allergy.
- Contact the office if you have severe pain not responding to medication, the incisions are red and exquisitely tender or if you develop fever and chills. Fevers that are clinically significant are 101.5 or greater.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_