

Augusta Plastic Surgery Associates
Dr. Chris Ewart
Brazilian Buttock Lift Post-Operative Instructions

Activity/Exercise: You need to rest for the first 24 hours after your surgery. You will need to move about the house to promote circulation, for example, getting up to go to the restroom or kitchen. You should sleep on your stomach. When using the restroom, keep your weight on the backs of your thighs only, not on your buttocks. You should refrain from sitting directly on your buttocks for 3 weeks after surgery. You should avoid any strenuous activity or exercise for 4 weeks. You will need to alternate standing and lying on your stomach. Specialized pillows that keep weight off of the buttocks can be purchased at <https://bblpillow.com/>. You can resume regular exercise at 12 weeks. Most people can return to a non-physical work (i.e. desk work) in about 3 weeks.

Dressing: You will go home in a compression garment that covers the buttocks area. The compression garment should be worn until directed by Dr. Ewart. You will most likely have drains in your abdomen area after surgery. They will collect fluid that would otherwise accumulate under the skin causing pain and swelling. Your only responsibility will be to empty and record your drainage and report to your nurse. You will need to report drainage amounts as a 24 hour total for each drain. These drains are connected to a plastic bulb which generates suction. The drainage bulb should be compressed from the sides and capped in order to provide suction correctly.

Bathing: You may remove the garment only briefly to sponge bathe or use the restroom. Keep in mind you may need assistance doing so. Once you have been advised by your physician and drains have been removed, you can shower. Do not soak in the bath tub.

Postoperative Visits: Your drain amounts will determine when your first post-op appointment will be made. If do not have drains, your first post op appointment time will be given to you on the day of surgery. Should you have any problems between visits, please contact the office.

What to Expect: It is important to drink plenty of fluids. The surgical site will be tender and it will be hard to walk for approximately 2 weeks. Numbness of the skin around the buttocks is normal after this kind of surgery. Normal feeling will return but it may take up to six months after surgery. Please report any foul smelling drainage, fever > 101° F, chills, or pain that is not responding to medication.

Not all patients heal alike. If you have any questions or concerns during your recovery, please contact the office at 706-724-5611.