

Brazilian Buttock Lift

Post-Operative Instructions

Dr. Christopher Ewart

Activity:

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 3-4 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 6 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. A compression garment should be worn for about a month after surgery. It can be the one provided to you or a different one you bought. We want you to wear the garment most of the time, as it will help with bruising and swelling, but it does not have to be worn 24/7. You can take hour breaks of not wearing it to allow your skin to air out. You will have band-aids covering each liposuction site. Those can be removed when you shower.

Bathing:

You can typically shower after 24 hours. If you have a drain, try to keep your back turned to the water when showering. When you shower, you may remove the garment and band aids at this time. Let soapy water trickle over your incision sites. Do not rub them. Pat the area dry after. You can wash the garment at this time and let it air dry. 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. There are small sutures at each incision site that will be removed. 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. It is common for the incisions to drain a light red colored drainage on your garment. This is from the numbing fluid injected during surgery. For the first 48 hours after surgery, it can be helpful to place a towel or sheet down when you are resting/sleeping to collect the fluid. 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.

If you have any questions or concerns during your recovery, please contact the office at 706-724-5611.