

PREPARING FOR SURGERY – LIPOSUCTION-BBL (BRAZILIAN BUTT LIFT)

BRAZILIAN BUTT LIFT POSTOPERATIVE CARE INSTRUCTIONS

PLEASE READ ME BEFORE AND AFTER SURGERY

It is imperative that you and any of your caretakers carefully read these instructions before and after surgery.

THINGS TO PURCHASE before surgery:

1. ABD pads, surgical pads, puppy pads, mattress protectors, or large maxi pads

These will help to absorb any fluid that may be seeping from the incisions (which is normal).

2. Compression garments

We will measure you and provide your initial compression garment. As your swelling comes down after surgery, you may need a second stage garment. We may have extra inventory in stock for purchase.

3. After about 2-3 weeks, we recommend starting to use an abdominal waist trainer over to the compression garment. Since patients come in different shapes and sizes, we recommend doing a Google or Amazon search of “abdominal waist trainer”, ordering 3-4 garments, picking the one that fits best, and returning the rest.



4. Stool softener (Magnesium Citrate, Docolax, Miralax, Metamucil, or Peri-Colace)

Pain medication can constipate you. Stool softeners help aid in having bowel movements and will allow you to be more comfortable during your recovery. They can be found in most pharmacies and do not require a prescription.

5. Hibiclens soap

You will use this soap the day before and morning of surgery to wash the surgical areas. You do not need to use this soap in the postoperative period as it will dry out your skin. You may resume your normal soap postoperatively (any regular white soap, like Ivory or Dove). Do not use antibacterial soaps after surgery.

6. Arnica and Bromelin

These are herbal supplements that aid in bruising and swelling. You will be provided with these supplements at your pre-operative appointment. You will begin these supplements the day after surgery and use them for 1 week after surgery.

6. Compression stockings

We recommend purchasing 1 pair of compression stockings to use immediately after surgery. Please plan to purchase an additional pair in the event that your socks become soiled or are uncomfortable. We recommend wearing them for 5 days postoperatively.

7. Oral/No-Touch Thermometer

It is important to monitor your temperature after surgery in the event that you feel “feverish” or hot. If you have a fever more than 101.5, contact your surgeon.

8. Read the “Preparing for Surgery” document enclosed in your preoperative folder.



WHAT YOU WILL NEED AFTER SURGERY:

1. HAVE SOMEONE WITH YOU

After surgery, have an **adult** available to stay with you for the first 24 – 48 hours, as you will be weak and drowsy.

2. WALKING

It is important to avoid staying in bed for long period of time after surgery. We recommend getting out of bed early and often, with assistance. For the first few days after surgery, walk around the house for 15-20 minutes at a time, 5-6 times a day or about every hour, and walking to the restroom. This encourages blood flow throughout your legs to reduce the chance of blood clot development.

IF YOU HAVE SHORTNESS OF BREATH, LEG SWELLING, AND/OR LEG PAIN AT ANY POINT IN YOUR POSTOPERATIVE HEALING, GO TO AN EMERGENCY DEPARTMENT IMMEDIATELY (OR CALL 911) AS THIS COULD SIGNIFY A BLOOD CLOT, AND CALL/TEXT YOUR SURGEON. A SLIGHT FEVER MAY ALSO BE PRESENT.

3. COMPRESSION STOCKINGS/TRAVELING/PRECISION DVT PREVENTION DEVICE

Compression Stockings:

Please leave the stockings on for 5 days after surgery. They may be removed when showering but must be replaced after your shower. You can also purchase additional compression socks if they are too large or too small or become soiled.

Precision DVT Prevention Device:

If it is determined that you are a high-risk patient for developing a blood clot (DVT), we will recommend you purchase a DVT prevention device to be used on your legs in the postoperative period. You will need to wear your device anytime you are not ambulating for the first 30 days after surgery. It can be worn in the future for DVT prophylaxis when traveling long distances.



Traveling:

- If you are an out-of-town patient and will be traveling back home after your surgery, please wear your compression stockings and DVT prevention device on the plane and remove them after landing.
- If you do not have the DVT prevention device, please only wear the compression stockings and when on the airplane, please be sure to get up every hour to walk around and encourage blood-flow in your legs. Also, be sure to wiggle your ankles when sitting as if pressing a gas pedal to promote blood flow.
- It is safe to fly 1 week after surgery if you have been cleared by your to do so.
- If you experience shortness of breath after a flight or leg pain with extreme leg swelling, please visit an Emergency Department immediately to rule out a blood clot.

PAIN AND PAIN MEDICATION:

- Take pain medication with food. Eat multiple small meals instead of large ones for the first 2-3 days. You will be given a muscle relaxant medication (Robaxin) that you may take as well help with pain control.
- Norco (Hydrocodone + Acetaminophen) or occasionally a different narcotic (Nucynta, Percocet, Tramadol) should be taken as directed:
 - **Mild pain:** 1/2 tablet every 4 – 6 hours as needed
 - **Moderate pain:** 1 tablet every 4 – 6 hours as needed
 - **Severe pain:** 2 tablets every 4 – 6 hours as needed
- If your pain is mild, or if you do not like the effects of the narcotics, you can take Tylenol® (Acetaminophen) 1000mg every 8 hours (which would be 2 tablets of the Extra Strength Tylenol®, purchased over the counter). Please do not exceed 3000mg in a 24-hour period. Remember, Norco and Percocet have Tylenol as well and you must take it into account if supplementing with ES Tylenol®.
- We will provide every patient with **1 refill** of the pain medication, only if needed. No additional refills will be provided, due to Florida law.
- If you require additional pain medication, please reach out to your surgeon to discuss options. You may need to see your Primary Care Provider or a Pain Management specialist in these circumstances, however this is rare.
- Take a stool softener with pain medication to prevent constipation. These can be found over the counter.
- **DO NOT DRIVE WHILE TAKING PAIN MEDICATION.** These medications can result in drowsiness. If you are pulled-over while driving under the influence of narcotics or scheduled substances, you will get a DUI!
- **DO NOT DRINK ALCOHOL WHILE TAKING PAIN MEDICATIONS.** This can be a deadly combination.
- Only take the pain medication if needed. The quicker you can wean off of the pain medication, the better you will feel and heal.

POSITIONING:

• **IMPORTANT: DO NOT SIT ON YOUR BUTT FOR TWO 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 (20-30 minutes at a time, maximum) for the next 2 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.

- When sleeping, use pillows along the lower back and upper thighs as needed. Try sleeping face down or on your side with multiple soft pillows to avoid pressure on the areas of fat transfer, for the first 2 weeks.
- You can purchase a BBL pillow if you must sit prior to 2 weeks. You can do a Google/Amazon search, as there are many options.
- Do not squat or stretch for 3 weeks. Activities can cause pressure in the buttocks and can destroy transplanted fat.
- Do not drive for two weeks.



DO NOT SMOKE. *This is very important!!!*

- Smoking (tobacco, marijuana, or vapes) and other nicotine products (gum, patches) 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, but we recommend using the opportunity to quit entirely.

SUPPLEMENTS:

- Do not take aspirin (or products containing aspirin) or Ibuprofen (Advil®, Motrin®, Midol®) for 3 weeks after surgery.
- Do not begin herbal supplements until 3 weeks after surgery.
- Arnica, Bromelin and Vitamin C are okay to take.
- Phentermine or appetite suppressants should not be taken until 6 weeks after surgery as these supplements increase heart rate and blood pressure and can interfere with your recovery.

REMEMBER THE FIVE W'S:

*The most common cause of an **elevated temperature/fever** after surgery is due to collapse of the lungs (atelectasis). This is a normal occurrence as a result of anesthesia and the physical stress your body is undergoing. In order to decrease your body temperature and expand the lungs, it is important to do the following:*

- **Wind:** Take 10 deep breaths per hour for the first 72 hours.
- **Water:** Dehydration can also cause an increase in body temperature. It is important that you remain hydrated since surgery can deplete your body of water. 64 ounces of water a day is encouraged.
- **Walk:** Get up and walk once every hour to keep your blood moving. This is key for preventing a blood clot.
- **Wonder drugs:** Take your pain medication or Tylenol® as needed. An increase in pain can cause an increase in body temperature.
- **Wound:** Observe the wound for redness, heat, discharge (pus), and openings.

SHOWERING:

- You may shower (but not bathe, submerge in water, go into the pool or ocean) 2 days after surgery.

- You may wash the surgical area with soap (white soap, no antibacterial or surgical soap) and warm water (never hot).
- Remove all your garments, dressings (except for Steri-strips) when showering. When out of the shower, pat dry the incisions and apply usual compression garments. If steri-strips fall off in the shower, there is no need to replace them.
- Make sure someone is with you at your first shower. You may feel lightheaded or dizzy, so take it slow. Make the shower a short one.

DIET:

- A light diet is best after surgery. Small meals and liquids are best the first day after surgery. Regular meals from day 2 onwards. Maintain a high protein diet during the first 3-4 weeks after surgery.
- Avoid carbonated drinks, spicy foods, sugar-free foods/gum, or anything that causes bloating.

SUTURES:

- We use mostly absorbable sutures, however we do need to trim (and occasionally remove) sutures and this is done at your 1-week appointment.
- If you are an out-of-town patient, please plan to either stay until your 1-week visit, return to our office at your 1-week visit, or have a provider in your hometown remove the sutures.
- Keep in mind that providers in your hometown may refuse to remove your sutures. It is imperative that you call your local provider in advance to ensure that they are comfortable with removing your sutures prior to you leaving us. We do not and will not provide referrals for postoperative care for out-of-town patients. Patients are responsible for coordinating their own postoperative care should they choose to have their sutures removed elsewhere.
- Do not apply anything on your incisions for 3 weeks unless told by your surgeon. Keep the incisions clean and dry.
- Scar therapy will be taught in our office and will begin about 3-4 weeks after surgery

SCAR THERAPY:

- We use **Silagen**[®] and **Mepiform**[®] 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. We will also provide Mepiform[®] scar strips (dots) for your liposuction sites.
- 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.
- How to use: We recommend you use at least 4 months of Silagen[®] gel which is massaged on to the incision twice daily for 4 months – 12 months
- Some people may develop a sensitivity or allergy to silicone strips. If this is the case, remove immediately and contact the office or the doctor.

BINDER AND COMPRESSION GARMENTS:

- Wear the compression garment provided until your first shower, 2 days after your surgery. You can place your garment in the washer at that time.
- Wear this garment as much as possible for **the first 6 weeks after surgery**. You can loosen it for 1 hour at a time, 4 times a day, if needed.
- Wear your compression garment to sleep.

- You can transition to another compression garment of your liking after 6 weeks, or if it becomes too loose. You can place the garment in the dryer at a hotter setting to shrink the fabric as well.
- We also recommend using an abdominal waist trainer after about 2-3 weeks, which can be used over your compression garment (see 1st page).
- You should be wear some form of compression for 3-6 months after surgery. After 6 weeks you can wear the garment for 12-16 hours/day.
- The more you wear the garment in the first 6 months, the better the results.
- Where to buy:
 - We will provide you with the first compression garment
 - Since patients come in different shapes and sizes, we recommend doing a Google or Amazon search of “abdominal waist trainer”, ordering 3-4 garments, picking the one that fits best, and returning the rest.

EXERCISE AND SEXUAL ACTIVITY:

- No overheating for the first 3 weeks (spas, exercising in the sun, etc).
- At 3-4 weeks, you can consider passive or less vigorous sexual activity that will not cause abdominal movement.
- Cardio may resume at 3-4 weeks following surgery.
- Do not lift anything heavier than 10-15 lbs for the first 6 weeks.
- All other exercises (including squats or any activity the requires flexion at the hip) may resume 6 weeks after surgery.
- You may begin swimming 4 weeks post-operatively, if healing is complete. Please confirm with your doctor.

WHAT TO EXPECT:

- Moderate swelling to the surgical area is to be expected. You may find that your clothes may not fit as easily as before. Be patient. The swelling will gradually subside and you will be back to normal in 3 – 6 months. Swelling will be at its worst between 3 – 5 days. Swelling starts to subside at 2-3 weeks but may take 6 months to resolve.
- Bruising is a normal expectation following surgery. Bruising could be apparent for as long as 3 – 4 weeks afterwards. The bruises will move down your body as they are absorbed. Most swelling will occur in the lower back and belly. You may even get swelling/bruising down to your feet and ankles.
- It takes **6 MONTHS FOR FINAL RESULTS** to appear. In the interim, you may notice asymmetry and swelling that changes from day-to-day. Be patient please and try not to focus on these issues before the 6-month period.
- A burning sensation (raw, sensitive) or sharp shooting pains along the surgical areas and incision sites is normal and indicative of nerve regeneration. These “neuralgias” will resolve by 9-12 months.
- Numbness is expected to resolve by 9-12 months on average.
- Some patients may develop skin sensitivity or rashes because of medications, garments, of scar treatments. If this happens, you can start by taking OTC Benadryl 25mg by mouth every 6 hours and use a cortisone cream (Cortizone-10) on your skin, but not the incisions. If the rash or itching persists, contact the office or your doctor directly.

EMOTIONAL EXPECTATIONS FOLLOWING SURGERY:

- It is not unusual for patients to undergo significant emotional “ups and downs” after any type of surgery. Factors such as underlying stress, medications, and/or psychological tendencies can result in patients experiencing a “post operative depression” that generally resolves after a few weeks. Having a partner, family member, or friend who is supportive can help with this process. Understanding the stages of emotional “ups and downs” can help patients stay calm and recover from this emotional process faster:
 1. **Phase 1: Being Out of It**
 - a. Swelling and discomfort is most severe over the first few days after surgery. Pain medications also can make you disoriented and emotional.
 2. **Phase 2: Mood Swings**
 - a. Having just had surgery, patients are adjusting to a sudden change in their appearance with much anticipation. The presence of bruising, swelling, and asymmetries will distort a patient’s results thereby concealing the final outcome. Mood swings (especially sadness), worry and depression are common emotions as a result. Patients may even ask, "What have I done?" or think that "I never should have done it."
 3. **Phase 3: Being over critical**
 - a. During the second week, patients will probably be feeling a lot better. The swelling and muscle cramping/spasms will be decreasing and sutures will be out. Because of anticipation, it is natural for patients to look critically at their new body worrying about symmetry, scars, and so on. At this point, it's normal to wonder if they have achieved their goal and what they paid for. This is too soon to tell and most concerns are resolved with time.
 4. **Phase 4: Happy at last**
 - a. Finally, about **3 – 6 months out of surgery**, patients will probably start liking how they look and are feeling much better. They may be in the mood to check out some bathing suits or outfits to show off their new figure.

LYMPHATIC DRAINAGE MASSAGES:

- LD massages are light massages that help improve swelling, drain fluid, and improve your shape in the weeks after your surgery.
- LD massages may be uncomfortable at first, but become much more comfortable after the 1st week.
- We recommend lymphatic drainage massages for at least 4 weeks after surgery, starting 48-72hs after surgery. If you feel this is too early, you can delay starting for 3-4 more days. At a minimum you should have 10 sessions during the first 4 weeks.
- Weeks 1 and 2: 3 sessions each week
- Weeks 3 and 4: 2 sessions each week
- You can continue LD massages for 6 weeks after your surgery. After this time period, there is less benefit.

POSTURE AND BRAS

- Posture is very important in the first 3-6 months after surgery. If you slouch you will create lines across your abdomen, which can become permanent.
- The lines can create “rolls” above and below them, which can be very difficult to correct
- Avoid underwire bras for the first 6 months after surgery. These create a point of compression and lead to development of a “roll” just underneath the compression point of the underwire
- Find bras with soft, compressive, **wide** fabric underneath the breasts to help avoid these “rolls”.



FOLLOW UP APPOINTMENTS:

- Follow up appointments are usually standard as described below. However, it’s important to keep in mind that these appointments are patient-specific and may vary depending on your own individual healing and/or complications.
 - **Day 1:**
 - Dressing change
 - **Week 1:**
 - Assessment for infection of surgical sites
 - Suture removal (if needed)
 - **Week 3:**
 - Assessment for infection of surgical sites
 - Scar treatment teaching
 - **Week 6:**
 - Scar and swelling assessment
 - Postoperative care discussion
 - **Month 3:**
 - First conversation regarding aesthetic results/concerns
 - Possible pictures
 - **Month 6:**
 - Second conversation regarding aesthetic results/concerns
 - Possible pictures
 - **Month 12:**
 - Final conversation regarding aesthetic results/concerns
 - Yearly follow-up afterwards

- If you are from out-of-town and cannot come to your follow-up appointments at recommended frequency, then it is strongly advised that you establish a relationship with a provider in your hometown who can follow your progress or evaluate you in case of infection, wound separation, or seroma. In these cases, we offer virtual follow-up via video call (telehealth).
- We cannot evaluate you or treat you over the phone, via e-mail, or from a distance. If you have a cosmetic or functional complication, please plan to visit our office for a postoperative visit or seek care from your local provider or local plastic surgeon. We cannot provide referrals and cannot manage complications from a distance.
- You will have your doctor's personal phone number in the event of an emergency or pressing concern. Please send a text message first saying who you are.
- Call to schedule your appointments at (239) 566-2611 between 8:00 AM and 4:00 PM, Monday-Thursday, or 8:00AM and 12:00PM Friday.
- **The office is closed on Saturday and Sunday. Should you experience a complication over the weekend, please contact the doctor directly. There is always a possibility you will need to be seen at an urgent care center or Emergency Room (NCH North Campus preferred).**

PLEASE E-MAIL BRITTANY (Brittany@naplesps.com) IF:

- You have general questions regarding your postoperative care or aesthetic concerns. She will forward the message to the appropriate person.
- Keep in mind that a discussion of aesthetic concerns requires a physical postoperative visit. If you need to schedule an appointment, please call the office at (239) 566-2611.
- ***Please include your name, surgery, date of surgery, and question in your e-mail.***

PLEASE CALL THE OFFICE AT (239) 566-2611 IF:

- You have redness, increased pain at surgical incision sites, sudden increase in swelling, warmth, drainage (pus), or oral temperature greater than 101.5°F
- You have nausea and vomiting despite Zofran use, rash, shortness of breath, leg pain with swelling, or diarrhea after taking your medication.

PLEASE VISIT AN EMERGENCY ROOM OR CALL 911 IF:

- At any point you experience shortness of breath or leg pain with swelling as this could indicate a pulmonary embolism (blood clot in lung) or DVT (blood clot in legs) and could be deadly if untreated.

PLEASE VISIT AN URGENT CARE ON THE WEEKENDS OR WHEN THE OFFICE IS CLOSED IF:

- You have redness, sudden increase in swelling, warmth, drainage (pus), or oral temperature greater than 101.5°
- Please let your doctor know if you are having these issues or concerns.

Any questions in regards to scheduling, rescheduling, preoperative concerns, or confirming appointments should be communicated with the office staff at (239) 566-2611. If it is the weekend and you have scheduling questions, please contact the office on the next business day.