



Brazilian Butt Lift Instructions

BEFORE YOUR SURGERY:

Suggestions:

- Arrange for 5-10 days off work. Recovery is variable, depending on your individual response to surgery, but some time to heal is mandatory.
- Try to complete all non-essential personal duties and responsibilities before your surgery. Your recovery will be far less stressful if you can get all of life's little tasks out of the way beforehand.
- Have someone available to help with things around the house (kids, meals, shopping, etc.) for several days after surgery.
- Wear loose-fitting clothes that do not have to be pulled over your head.
- Obtain a large package of 4"x4" gauze, for use after surgery

Mandatory:

- Stop intake of all Aspirin and Aspirin-related products (anti-inflammatory like Motrin, Advil, Naprosyn, etc.) two weeks before surgery, as these products will increase bleeding and bruising during surgery
- Stop smoking or nicotine-containing products (Nicorette, nicotine patch) 6 weeks before surgery. If you are unable to quit 4 weeks before surgery, please notify my office as soon as possible.
- Consume no food, drink or even water after midnight the night before surgery. A full stomach on the morning of surgery will necessitate cancellation of the procedure.
- Discuss any medications, or changes in medications by contacting the office.
- Have someone available to bring you home after surgery (usually later in the afternoon).
- Have someone available to stay with you the night after surgery.
- Be at the hospital several hours before your scheduled time (discuss this with my office staff)
- Remove all body jewelry possible, prior to surgery.
- Do not use body creams or lotions for 24 hours prior to surgery.
- Do not wear a ponytail or hair pins/clips before/to your surgery.
- Avoid eyelash extensions before surgery as these may be disturbed during administration of anesthesia

OTTAWA PLASTIC SURGERY

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AFTER YOUR SURGERY:

Immediately After Your Surgery:

- Limit sitting on the transferred fat for 2-3 weeks post-surgery
- No heavy lifting (more than 10 pounds)
- Sleeping position should be either on your side or stomach, you can try to prop yourself up with pillows to avoid pressure on the fat transferred area
- Wear your conforming garment at all times, to reduce swelling and support the contour of the area treated
- The dressing is to remain dry and in place until I see you for your first post-operative visit. You may sponge bath.
- You may eat a regular diet
- No driving until discussed with me
- Take all medications as prescribed:
 - Usually Dilaudid, Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin, Ibuprofen, Advil or Tylenol.
 - Note that the pain medicine may make you nauseous or constipated.
 - Avoid straining with bowel movements; you may use over-the-counter stool softeners, such as Colace, if constipated.
- Antibiotics, *if* prescribed. This is not as needed, but mandatory.
- Call my office to arrange a follow-up appointment for about 2-5 days after surgery

Things to Watch Out For:

- A rapid increase in pain, swelling and firmness, with severe bruising
- Difficulty breathing
- Vomiting after the first 24-48 hours
- High fevers above 38.5 C or 101.5 F
- Pain and swelling in one, or both, legs
- Inability to urinate
- **The presence of these above mentioned conditions warrants a call to your surgeon**

Normal Post-Surgical Reactions:

- Pain, bruising, and mild swelling are normal and expected after surgery
- Low grade temperature is often seen early after surgery
- Mild differences in size and shape are common and normal in the early recovery period

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Late Post-Operative Period:

- No heavy lifting (more than 10 lbs), weight training, vigorous exercise such as aerobics, jogging or swimming, for 4-6 weeks after surgery
 - Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately; check with me if you are unsure
 - You may shower after the first office dressing change, and gently wash directly over the abdomen
 - Wear your conforming garment at all times for the first 6 weeks, unless otherwise directed
 - The garment may be removed for showering, and for washing
 - Your stitches may be removed approximately two weeks after surgery, or you will have dissolvable stitches which won't require removal. Creams and lotions over the scars are not to be used unless otherwise directed
 - Normal activities may be resumed as tolerated by 6 weeks after surgery
 - Avoid tanning over healing incisions
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- **If any of the above information is unclear, or any other questions arise, please do not hesitate to contact our office, during business hours, Monday to Friday – 08:30am-4:30pm**
 - **After hours and weekends: call my office, where you will be directed to call an emergency contact number, which is either Dr. Silverman's cell phone – 613-355-9007, or Dr. Boyd's cell phone – 613-297-2974.**
 - **Additionally you can contact us by email directly to askdrsilverman@ottawaplasticsurgery.com or askdrboyd@ottawaplasticsurgery.com, though we cannot guarantee an emergent response via email.**
 - **If you are unable to reach us and have a medical emergency, please go to the nearest emergency room.**