

FAT GRAFTING TO THE BUTTOCK
“BRAZILIAN BUTT LIFT”
“BBL:
POST-OPERATIVE PATIENT INSTRUCTIONS

General Instructions

- Please note that these are general guidelines and may be adjusted according to your particular case.
- Please contact your doctor for any serious or concerning change in your symptoms.
- You may use soft, cool compresses for comfort, but not on the buttock. Do not apply ice or frozen products directly to skin as this may cause skin injury. Apply for 20 minutes on and then 20 minutes off. You may do this for several days.
- Do not drive or operate heavy machinery while taking any narcotic pain medication or while uncomfortable.
- It is a **requirement** for you **walk at least 6 times a day** for general well-being and prevention of blood clots. You may need assistance when walking at first to prevent falls. Please notify the team if you have any known risks factors or family history of blood clots.

Medication Instructions

- Take medications as prescribed.
- You may develop constipation when taking narcotic pain medications. You should continue drinking plenty of fluids. You should take over the counter stool softeners until bowel movements are regular.
- Over the counter Tylenol is recommended as the primary pain relief medication as needed. Opioids can be used for breakthrough pain and should be weaned in the first week after surgery. Some patients only require Tylenol, but every patient is different. Complying with the post-operative instructions will help with pain control as well.
- No more than 3 grams of Tylenol should be taken in a 24-hour period.
- Do not take Aspirin, Ibuprofen, Naproxen, or other blood thinners until your surgeon advises you it is safe.
- Please check the label on your bottle to remain aware of dosages.

Wound Care and Dressings

- You may remove all your dressings and shower in lukewarm water 72 hours after surgery. Steri-strips should be left in place (they can get wet). Gently pat dry. Then, immediately replace your compressive dressing.
- You should expect some drainage of a pink to light reddish fluid from the incision sites during the first 24-48 hours. You may consider placing towels around you to protect furniture or bed sheets. You may reinforce areas of drainage with absorbent gauze pads and even maxi pads are useful for this purpose.
- The compressive dressing should be worn 24 hours a day for 6 weeks.
- You may use a light, gentle, non-fragrant skin moisturizer after 1 week.

Activity

- You should not sit on your bottom or the side of your bottom for 3 weeks.
- For the following 1 week, you may sit on your bottom for 15-minute intervals.
- You should try to hover over the toilet or urinate in shower. You should hover over the toilet for bowel movements.
- If you must sit, you consider using a “BBL Pillow” for proper positioning.
- You must sleep on your stomach for 4 weeks.
- You may resume light exercise at 6 weeks. Your exercise can be unrestricted at 8 weeks.
- We recommend you have a 24-hour caregiver for 3-4 days after surgery. You should at least have someone stay with you for 24-48 hours after surgery.



Diet

- Following surgery, start with clear liquids, as you may experience discomfort from anesthesia. Then, advance slowly to soft diet for first 2-3 days. Avoid spicy foods and salty foods. Salty foods may contribute to prolonged swelling. Be sure to drink at least 6 glasses of water daily.
- Eat a well-balanced diet in the weeks following surgery to promote healing.

Call the office if...

- If you are unable to keep fluids or medications down due to vomiting.
- If you have chills, fever greater than 101.5 (F) or 38 (C), redness, bleeding, chest pain, shortness of breath, or anything else that is troubling you. Call the office for the on-call team with any questions, at any hour.

Follow up

- Your first clinic follow-up after surgery will be within 1 week of surgery. If you do not have an appointment scheduled, please call the clinic to schedule an appointment.
- We typically begin to see the result in 6-8 months.
- The Plastic Surgery Clinic phone number is: 617-632-7827

Recommended items to obtain at least 2 weeks before your surgery day...

-Compression garment: You should bring this to the hospital on your surgery day. We will place the garment after surgery. Try it on well-before the day of surgery to ensure it fits. You will wear this for 6 weeks, so it is important to find a garment that works for you, prior to surgery.

- Compression garments should be purchased at least 3 weeks before your surgery day to account for shipping times.
- They may be purchased from any company, but below is a good option: <https://marena.com/pages/brazilian-butt-lift>



-BBL Pillow: The pillow assists in sitting after surgery to avoid pressure on the buttock.

- They may be purchased from any company, but below is a good option: <https://www.walmart.com/ip/Brazilian-Butt-Lift-Pillow-Dr-Approved-for-Post-Surgery-Recovery-Seat-BBL-Foam-Pillow-Cover-Bag-Firm-Support-Cushion-Butt-Support-Technology/515272489?wmlspartner=wlpa&selectedSellerId=101064232>



- Tylenol, Stool softeners, Colace, Miralax, or other bowel regimen to prevent constipation
- Gauze, thicker absorbent gauze type pads, Maxi-pads
- Gentle skin tape to hold gauze in place as needed
- Well balanced diet including vegetables and protein for the healing period
- Compression stockings: Wear lower extremity compression stockings 23 hours a day for at least 2 weeks to help prevent blood clots and leg swelling
- Loose-fitting, button-up/zip-up shirts to be worn over compression garments in the post-operative period
- Loose-fitting, comfortable pants to be worn over compression garments in the post-operative period