



# Liposuction and BBL (Brazilian butt lift) Postoperative Instructions

## What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- **Avoid all forms of nicotine, including cigarettes**, as smoking delays healing and increases the risk of complications.
- Use the compression garments as instructed since this is an essential part of the postoperative treatment.
- Caring for the Buttock area: Avoid sitting on your buttocks for 4 weeks since this may have an adverse effect on the newly implanted fat.
- You may use a rolled towel to sit on your upper back thigh, allowing you to keep pressure off your buttock area.
- There are BBL pillows available online that may help.



## What should my activity level be?

- You may shower 48 hours after surgery
- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics). Discuss your time off from work with your surgeon; this varies according to surgery.
- Activities involving the affected sites should be minimized for approximately 2 weeks.
- Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of the surgery.

## How do I take care of my incision?

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- You will be discharged wearing a pressure garment over the treated area. Most patients will wear pressure garment for 6-8 weeks.
- Wear pressure garment 24 hours per day for 6 weeks.
- After showering, reapply pressure garment and gauze to cover areas of incisions.

## What can I expect to feel?

- The small incision sites will be covered with gauze to protect these areas.
- Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persist for 6 months or more.
- Expect temporary numbness, bruising, swelling, soreness, burning sensation, bleeding, pain and discomfort. These take 4/6 weeks to subside
- **You will have a significant amount of fluid drainage from incision sites, this is normal and expected, do not be alarmed**



- A drainage tube may be inserted beneath the skin to prevent fluid build- up.
- May feel stiff and sore for a few days.
- It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but, generally, after about a week, you should begin to feel better.
- Bruising may be apparent beyond the areas of liposuction, partially due to gravity.
- You will have small incision sites at the point of introduction of the instrument used to remove the fat tissue.
- A healthy diet and regular exercise helps to maintain your new figure.

### **Postoperative Care**

- Any sutures are removed 7-10 days after surgery.
- Another follow-up appointment will be given at that time

### **When should I call my doctor?**

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

### **Contact information for your doctor**

- Monday - Friday, 9:00am – 5:00pm:



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- Call: (646) 943 6042 to make a follow-up appointment
- After hours and on weekends:
  - (646) 943 6042
  - (347) 767 6653

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