



## BRAZILIAN BUTT LIFT & LIPOSUCTION POST OPERATIVE INSTRUCTIONS

The following instructions are designed to minimize discomfort after surgery. **PLEASE REMEMBER THAT RESULTS FROM BRAZILIAN BUTT LIFT AND LIPOSUCTION SURGERY TAKE TIME.** You may not see the final results for up to 6 months.

**DRAINAGE:** Swelling and discoloration are normal following Brazilian Butt Lift surgery. The amount varies from person to person. Patients will experience post-operative drainage after their Brazilian Butt Lift procedure. Drainage may be significant for 12-48 hours and will dissipate. Drainage will also appear bloody. This is normal and patients should not be alarmed. You will be sent home with pads to wear under your compression garment over your incision sites to collect the drainage. You will change these pads out as needed for 12-48 hours. You will also be given chuck pads to place on furniture to avoid soiling.

**NUMBNESS:** You may experience localized numbness for several months. This is normal and will improve over time as your nerves regenerate.

**GARMENT:** Your post-surgical compression garment is to be worn 24 hours per day until your first post-operative appointment. It is designed to help with swelling. You may take this garment off to shower 24-48 hours after surgery. You will be instructed to wear an elastic garment such as BBL shapewear or Waist Trainer for two weeks post-surgery. **DO NOT WEAR COMPRESSION OVER THE BUTTOCKS AS THIS CAN CAUSE CONTOUR DEFORMITIES.** You may choose to wear the garment for up to 6 weeks to achieve optimal results and comfort. You may remove the garment for showering. Below are a few websites to guide you through choosing the best garment to purchase.

<http://www.contemporarydesigninc.com/>

<https://www.leonisa.com/en/>

**ACTIVITY:** Patients should rest the day of surgery and watch for dizziness upon standing. You may resume activities the next morning and should be up and moving around. To avoid complications, you should not be bedridden following this procedure. Other than walking, exercise should be resumed gradually over a period of one week and consult with the Doctor regarding exercise levels. **IT IS NECESSARY TO HAVE SOMEONE STAY WITH YOU 12 HOURS FOLLOWING SURGERY.**

**SITTING RESTRICTIONS:** Do not sit directly on your buttocks for two weeks after surgery, for optimal results we recommend up to 3 weeks, you may purchase a BBL pillow for sitting. Sleep on your stomach or sides. You may also purchase a female urination device to aid with using the bathroom without sitting.

**RETURNING TO WORK:** We generally recommend returning to work 3-5 days after surgery depending on how the patient is feeling.

**DIET:** Meals are not restricted following surgery. Begin with clear liquids if you had IV sedation. Avoid salt so you will not retain water. Do not eat anything spicy or greasy, we recommend a diet high in fiber, lean proteins, fresh fruits, and vegetables. Drink plenty of fluids. Be advised that Percocet and Zofran will cause constipation. We recommend taking Metamucil and stool softeners, such as Colace.

**PAIN:** Pain is usually minimal and typically resides within 7-14 days after surgery.

**Initial**

Dr. Anh Tuan Truong | Cosmetic Surgeon | M.D. | F.A.C.S | F.A.A.C.S.  
Dr. Marc Adajar | Surgeon | M.D. | TRT Specialist  
815 Howard St. Evanston, IL 60202 | T: (833) 972-8578 | F: (833) 972-8578  
XSculpt.com



**SWELLING:** Fluid retention will follow with this type of surgery. It is important to wear your compression garment to aid with the swelling. Swelling, bruising, and discoloration of the genitals is not uncommon. Most of the swelling will reside within the first month, but residual swelling may last for up to 6 months.

**SHOWERING:** You may shower 24-48 hours after your surgery. It is advised that you have assistance with your first shower, as you may experience dizziness and nausea removing your compression garment. You may NOT sit or submerge your body in water for 4 weeks. No swimming, hot tubs, whirlpools or baths.

**MEDICATIONS:** Do not take herbal supplements, aspirin, and aspirin containing products, ibuprofen, arthritis relief medications, or vitamin E for two weeks before or after surgery.

You have been prescribed 3 medications:

1. Keflex (Cephalexin) - Antibiotic
2. Percocet (Oxycodone/Acetaminophen) – For Pain; as needed
3. Zofran (Ondansetron) – Anti-Nausea; as needed

**Keflex:** Antibiotic

Take this medication until completed (one week). Take your first dose (1 pill) when you get home. You will then take 1 pill four times a day until completed.

**Percocet:** As needed for pain

Take your pain medication after a small, light meal to prevent nausea. Take one to two pills as needed for pain every 4-6 hours. **ONLY TAKE THIS MEDICATION AS NEEDED FOR PAIN.**

**Zofran:** As needed for Nausea

You may experience nausea and/or vomiting. Take one pill every 6-8 hours, as needed for nausea.

**You may take Extra Strength Tylenol (Acetaminophen) instead of Percocet for pain management. DO NOT TAKE TYLENOL AND PERCOCET AT THE SAME TIME.**

**SUN EXPOSURE:** Avoid exposing any small scars to sun for at least 12 months. Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

**EXPECTATIONS:** Try to keep in mind that we are trying to achieve significant improvement, not perfection. If your expectations are realistic, you are much more likely to be happy with the final result. Be patient, it may take up to 6-12 months to see optimal results from Brazilian Butt Lift/Liposuction.

**CALL PHYSICIAN IMMEDIATELY** if you have a temperature over 100.4 degrees, sudden and/or abnormal swelling, intense pain not relieved by pain medication (minor pain and discomfort is to be expected even after taking pain medication). In case of an emergency call 911 or go to the nearest emergency room to you. For non-emergency related questions call our office during business hours to **833.972.8578**. If you have urgent concerns after hours, you may call **847.644.9285** (please note that the response may not be immediate).

**Initial**

Dr. Anh Tuan Truong | Cosmetic Surgeon | M.D. | F.A.C.S | F.A.A.C.S.  
Dr. Marc Adajar | Surgeon | M.D. | TRT Specialist  
815 Howard St. Evanston, IL 60202 | T: (833) 972-8578 | F: (833) 972-8578  
XSculpt.com