



**TUAN A. TRAN M.D., M.B.A, F.A.C.S.**

**Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery**

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*General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery*

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## **Brazilian Butt Lift**

### **Post-operative instructions**

#### **Care of Wound/Special Instructions**

- The compression garment should stay on all the time. It is OK to shower with the garment on the body on day 1 after surgery. From day 2 on, patient can remove garment to shower. However, patient must wear compression garment all the time except showering for 6 weeks.
- No bathing, swimming or soaking for 2-3 weeks or until cleared by your surgeon.
- Do not go into pool, pond, river, or stagnant water site for 6 weeks to avoid infection
- You may do light activities of daily living, such as feeding, keyboarding, etc. Please do not lift anything heavier than 10 lbs.
- The sutures are dissolvable.

#### **Drainage**

- You will be oozing for 1 week. Some reddish fluid will come out. This is expected. The fluid will lighten up as days go by.
- OK to express fluid through open incisions. Incisions are left open so the fluid can drain

#### **Management of fat graft to buttocks**

- Patient can only sleep in side position, and offload the buttocks for 3 weeks.
- Brazilian butt lift cushion should be used if the patient sits on her buttocks for longer than 10 minutes each time.

#### **Managing Pain**

Pain Medication: You can take Tylenol for the first 3 days in addition to your prescribed pain medications for pain control, starting as soon as you are able to tolerate a small amount of bland food such as crackers, toast or soup.

Do not take Motrin, Naproxen, Aleve, Advil or Aspirin until 3 days after surgery due to the risk of increased bleeding. After 3 days, you may take these medications in addition to the pain medication/Tylenol.

#### **Follow-up**

At your pre-operative appointment, our office staff will schedule a follow-up visit for you within 5-7 days following your procedure. At this appointment, Dr. Tran will check up on your wound and provide you with further care instructions.



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### **Possible Problems/Emergency**

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6:00PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.