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AESTHETIC CENTER AT WOODHOLME

## Brazilian Butt Lift

### Post-operative Instructions

**Activity:**

- Walking is encouraged as soon as possible after surgery.
- You may gradually resume heavy lifting and strenuous exercise as you tolerate.
- Wear your leg compression devices whenever you are not up and moving around during your recovery period, including when you are sleeping at night.
- Avoid sitting as much as possible for the first two weeks after surgery. If absolutely necessary to sit, sit on a soft pillow or use "Booty Buddy" type support pillow.

**Dressing and Showering:**

- Drainage of liposuction fluid is normal after surgery, especially during the first 24-48 hours after surgery. It is recommended to sleep on a towel for the first 2 nights. You may reinforce incisions sites with ABD pads if necessary.
- You may shower 24 hours after surgery. No baths/soaking/swimming for 2 weeks after surgery.
- Wear compression garment at all times except when showering for the first 4 weeks after surgery. After this, wear your compression garment approximately 12 hours daily OR a less compressive garment (such as Spanx) for an additional 4 weeks.

**Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, or fever above 101.5F.**

**Return to office for follow-up appointments on:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (1 Week)

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (2 Week)

Date: \_\_\_\_\_ Time: \_\_\_\_\_

\_\_\_ Post-operative instructions have been reviewed with me.

\_\_\_ I have received a copy of these instructions.

\_\_\_\_\_  
 Nurse

\_\_\_\_\_  
 Physician

\_\_\_\_\_  
 Patient or responsible party

\_\_\_\_\_  
 Relationship to patient