

# Paragon Plastic Surgery & Medspa

**\*\*MUST GET YOUR LABS DRAWN WITHIN 24 HOURS OF PRE-OP APPOINTMENT\*\***

## **BUTTOCK AUGMENTATION / BUTT LIFT SURGERY**

### **PROCEDURE AND POST CARE INSTRUCTIONS**

#### **I. ITEMS NEEDED:**

- Prescription medicines
- Hibiclens antimicrobial soap
- Polysporin ointment
- Plastic sheeting (large trash bags)
- Towels
- Absorbant pads (diapers or large maxi-pads work well)
- Saran wrap
- Vitamin C 2000mg twice daily for 14 days.
- Zinc 50mg once daily for 14 days.
- Constipation Prevention (while taking narcotic pain medication): Colace 100 mg twice daily and Milk of Magnesia until normal bowel movements.
- Arnica Montana. Starting 5 days before your procedure and then continuing 10 days after your procedure, take 4 tablets of Arnica Montana, under your tongue 4 times a day. (DO NOT EXCEED 16 TABLETS A DAY). This will help with swelling and bruising.

OFFICE PHONE NUMBER: 817-473-2120 (8am — 6pm M-F)

EMERGENCIES OR AFTER HOURS: 817-473-2120 then hit 6 (24-hour answering service)

#### **II. THE PROCEDURE:**

A. *Goals for surgery:* Brazilian Butt Lift is a two stage procedure whereby liposuction will be initially performed on various areas of your body in order to create an improved feminine shape and figure. During the liposuction procedure, the fat will be harvested and placed into special containers. Following the liposuction procedure, the fat is carefully transplanted and sculpted into your buttocks.

B. *Anesthesia:* Brazilian Butt Lift / Liposuction is carried out under general anesthesia and you will be monitored by an anesthesia professional during your entire procedure. Fluids containing medicines that limit blood loss and reduce discomfort are injected into the areas that are to be liposuctioned.

C. *Cellulite:* Although the results of liposuction are often remarkable, it is unrealistic to expect perfection. Patients should expect that irregularities and dimpling of the skin present before liposuction are likely to remain following the procedure. While improving the overall shape of the body, liposuction does not improve or reduce cellulite.

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D. *Obesity*: Liposuction is not an appropriate treatment for obesity and is no substitute for good nutrition and regular exercise.

E. *Weight Gain*: Fat cells that are removed during liposuction are permanently removed and can never return. This is not to say however that one cannot gain weight following body contouring. The weight gain following liposuction will occur in areas not treated by liposuction.

### CARE FOLLOWING THE PROCEDURE:

A. *Bleeding*: **If sudden, profuse bleeding occurs, please contact our office immediately.** Remain calm, as excitement and panic raises your blood pressure and worsens bleeding.

B. *Bruising*: Bruising will occur in the liposuctioned surgical area following the procedure. If bruising develops, it should be gone in 2 to 4 weeks.

C. *Swelling*: As a general rule, 80% of your swelling is gone in 2 to 6 weeks and the remainder should be gone in 3 to 12 months. Avoidance of salt in your diet will also help to prevent excess swelling.

D. *Fever*: You may run a slight fever the first few days following surgery, as this is a normal process of the inflammatory response. A condition called atelectasis may also occur, whereby the small air sacs in your lungs are not fully inflated and may cause a slight fever. Please take deep breaths, holding them as long as possible and then letting them out through pursed lips. Do this 10-20 times a day for the first week. These breaths allow additional airflow into collapsed air sacs to reopen. You may also increase your fluid intake and take Tylenol, but DO NOT exceed the maximum recommended dose of Tylenol per day. Please notify us of any fever above 100 degrees that Tylenol fails to control.

E. *Signs of Infection*: Although rare, please contact our office if you notice signs of infection such as foul-smelling drainage, excessive redness, excessive swelling or pain in the treated areas.

F. *Diet*: You may resume your usual diet after surgery; however, reduce the quantity for 24 to 72 hours. Avoid drinking caffeinated beverages the day of surgery and alcohol for 48 hours after surgery. Gatorade is a great beverage for the first 48 hours. Be sure to drink plenty of fluids the first 2-4 days following.

G. *Wound Care*: Keep drain ports clean by showering once or twice each day. Absolutely NO hot tubs, swimming pools and baths for 4-6 weeks. Each day, shower with soap and water, then clean the drain ports gently with hydrogen peroxide or witch hazel upon drying off. Next apply Polysporin ointment to the drain ports and cover them with absorbent pads. Keep the drain ports moist by applying Polysporin ointment until the ports are closed. When drainage has stopped, place Saran wrap over the drain ports in order to keep the ointment on the

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ports and off your garment or clothing. If you develop a sensitivity to the ointment, please let us know. The harvested fat is transplanted into your buttocks through a single port located just above your buttocks in the midline. Make sure this area is kept clean at all times, especially after using the bathroom.

*H. Drainage:* A large volume of blood-tinged fluid will drain from the small drain ports during the first 24 to 72 hours following surgery. This is completely normal. In general, the more drainage from the ports, the less bruising and swelling you'll experience. During the first 48 - 72 hours, you may lie on plastic sheeting covered by towels. The best advice is to cut open large trash bags and place under your sheets. This will protect your bedding from fluid saturation. After the first few days, continue to use absorbent pads if the drain ports are still oozing.

*I. Elastic Garment:* You will wear one elastic garment home after your procedure. This garment should be removed the first morning after surgery in order to shower and to wash and dry the garments. Remove the garments slowly. It is best to have someone close by during your first shower in case you become dizzy and collapse. After showering, replace the elastic garment(s) on snugly. Wear them each day and night until you return for your follow-up appointment. You must wear the garment until we tell you to discontinue. If you are wearing a waistband, move the band occasionally to keep the skin from folding. Avoid wearing pantyhose and girdles for at least 1-3 months. But if you must wear pantyhose or a girdle, alternate the level at which it places pressure on your skin.

*J. Abdominal Area Liposuction:* If you have had liposuction in the abdominal area, avoid sitting for prolonged periods for at least 6-12 weeks. Prolonged sitting may result in a crease along the "belt line" where the skin has folded. Also, avoid wearing any clothing that may cause the skin to fold or dent at the same place day in and day out. Alternate the position of waist bands, etc. Be careful with skirts and pant waistbands. Loose clothing is preferable.

*K. Fatigue/Soreness:* Most people return to a desk job within 3 to 7 days after surgery, although you must expect some soreness. You may also fatigue easily for a few days.

*L. Driving:* DO NOT drive within 24 hours after taking any narcotic pain medication.

*M. Smoking:* DO NOT smoke and avoid secondhand smoke.

*N. Sun:* Avoid the sun, which may darken maturing scars. Protect incisions by using sunscreen with an SPF of 15 or by covering them with clothing or tape. Also, avoid tanning beds unless you protect your breast incisions.

*O. Physical Activities and Exercise:* You may take a short walk the day after surgery while accompanied by someone. Please DO NOT rest for long periods of time without getting up and moving around as this may predispose you to blood clots in your legs. You may resume mild exercise and activity 4 to 7 days after surgery. Begin with 25% of your normal workout and gradually increase the activity each day. If you experience discomfort or fatigue, wait an additional 2 to 4 days before resuming exercise.

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**P. \*\*\*\*\*VERY IMPORTANT\*\*\*\*\*:**

**You may NOT sit on your bottom for two weeks following the Brazilian Butt Lift procedure.**

Doing so may smother the newly transplanted fat cells and may cause surface irregularities of your buttocks. The only time you may sit is to have a bowel movement and please limit this activity to a minimum. You may rest and sleep in a sideways position or on your stomach. Since healing occurs at different intervals, expect your best result to be achieved at 6 to 18 months following your surgery. The best outcome will be achieved by following instructions and taking good care of yourself.