

SOUTHWEST BREAST & AESTHETICS

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Brazilian Buttlift

Pre op instructions:

- Shower the night before with Dial soap
- Arrive at Surgical Facility at instructed time
- Pick up prescriptions before the day of surgery
- Bring the provided garment with you on the day of surgery

Post-operative Instructions

- Take medications as prescribed and a stool-softener as needed.
- DO NOT sleep on buttocks
- Use donut or booty pillow when sitting and do not put direct pressure on buttocks
- May initiate scar massage at 2 weeks post op, starting at 2 minutes x 2 times per day
- Lymphatic massage is ok to initiate at 2 weeks
- Wear compression garment at all times for 6 weeks making sure compression garment fits snug and without any ridges. (ok to remove for shower)
- May shower on postoperative Day number 1, Pat incisions dry. DO NOT SOAK IN A BATH
- Walk at least one mile daily, or 5000 steps, starting at postoperative day 1.
- Progress your diet as tolerated, starting with bland or liquid diet and working to a normal well-balanced diet by postoperative day 1. Avoid salty and/or spicy foods.

What to Expect

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-Bruising and swelling is typical for the first week

-Some fluid drainage after surgery is typical from the liposuction sites.

-Mild to moderate pain of liposuctioned areas is expected

POST-OPERATIVE PRESCRIPTIONS & OVER THE COUNTER MEDICATIONS

We will send post-op medication prescriptions to your preferred pharmacy within 1 week of your surgery date (typically the Friday prior). We recommend you pick up the prescriptions and purchase the necessary over the counter medications prior to surgery to have ready at home upon discharge from the hospital.

1. **A one-week course of oral antibiotics** will be prescribed and should be taken as directed. Please be sure to notify us of any known allergies to antibiotics.
2. **Acetaminophen (Tylenol)** is used for pain relief and is to be taken as instructed for the specified number of days. IF your pharmacy does not fill the prescription we send for this medication, you will need to purchase a bottle of this medication (500 mg tablets) over the counter at your local pharmacy. You should avoid drinking alcohol while taking this medication.
3. **Ibuprofen (Advil/Motrin)** is used for pain relief and is to be taken as instructed for the specified number of days. This medication is an NSAID (non-steroidal anti-inflammatory). IF your pharmacy does not fill the prescription we send for this medication, you will need to purchase a bottle of this medication (200 mg tablets) over the counter at your local pharmacy. You should stay hydrated while taking this medication.
4. **Gabapentin (Neurontin)** is a nerve pain medication prescribed to alleviate the nerve pain associated with your surgery. Please let us know if you are taking any prescription mood-altering (depression or bipolar) medications as these can potentially interact.
5. **Oxycodone** is an oral narcotic prescribed to manage your pain as necessary. Narcotics can be dangerous, are known to cause drowsiness, and should not be mixed with alcohol. Due to the side effects, you should not drive or operate heavy machinery while under the influence of any narcotic pain medication. Narcotics are to be taken only as instructed and the goal is to limit the use of these medications to instances when the non-narcotic medications listed below do not control your pain. If your pain is severe, please call us.