



Brazilian Butt Lift Recovery Instructions

Brazilian Butt Lift is an outpatient procedure. You will need to have someone drive you home from surgery. Get plenty of rest and a balanced diet. Get plenty of fluids. Take pain medication as prescribed. **DO NOT** drink alcohol! **DO NOT** smoke!! **DO NOT** Vape!!

- **DO NOT SIT ON YOUR BUTT FOR 2 WEEKS.** Rotate laying on your side or stomach. If you need to sit up, roll towels, pillows, or blankets up under your thighs so that you can lean forward and not apply pressure to your buttocks.
- You may shower after 48 hours. You will be in your 1st compression garment when you leave from surgery. Remove your garment, remove all tape, bandages, gauze. Wash with soap and water. Pat dry and put on your 2nd compression garment. **DO NOT** redress your incision sites!! You will need to wear your compression garments 24 hrs a day for 6 weeks.
- No strenuous exercise and activities such as sports for 4 weeks. No hot tubs, pools, ocean or swimming for 4 weeks. No soaking in a bathtub for 4 weeks.

What to Expect

- Most swelling and bruising will subside in 6-8 weeks, but may persist for 3-6 months.
- Expect possible temporary numbness, bruising, swelling, soreness, burning sensation, bleeding, and pain.
- May have fluid drainage from access sites. This is normal.
- It is normal to feel a bit anxious or depressed in the days following surgery; but generally, about a week, you should begin feeling better.
- Do not expect to lose weight from this procedure.
- If you have a drain placed you will need to keep a log of the date/time/amount of fluid that you dump from your drain bulb and bring that to your next office visit to evaluate to remove your drain.

When to Call

- If you have increased swelling or bruising.
- If you have increased redness around the access sites.
- If you have severe pain not relieved by medication.
- If you have side effects from medications: such as, rash, nausea, headaches, vomiting.
- If you have a temperature of 100.4 degrees or higher.
- If you have yellowish or greenish drainage from the access sites or notice a foul odor.
- If you have a loss of feeling or motion

Any questions or concerns feel free to call our office **910-323-3757**.