

Elite Plastic Surgery

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BUTT LIFT

Post Operative Instructions

IMPORTANT

- You will be discharged from the hospital / surgical center the same day of surgery. You must have a responsible adult available to drive you home following the surgery and must have a responsible adult to stay with you for the first 48-72 hours following surgery.
 - The medication or sedation given to you will be acting your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. Therefore, you should not: stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
- If you have children, you must arrange for childcare. You will usually not be permitted to pick up children for the first 4 weeks after surgery.
- If you have pets, especially cats and dogs that shed, make sure that you are not exposed to animal dander for the first two weeks after surgery as this may lead to increased incidence of wound infection.
- To lower the risk of bleeding, swelling, and separation of your incisions your activities will be restricted during the first week.
- Bruising and swelling is normal with most procedures. However, if it is progressively getting worse and the skin becomes red, dark and/or warm to the touch OR if you are experiencing pain that is un-controllable please contact the office ASAP.
- Every few hours take a deep breath to expand your lungs. When coughing, hold a pillow against your abdomen.
- You may resume your pre-operative diet. Start with clear liquids, then advance to full liquids and regular food as tolerated.
- Take your prescription pain medication, anti-nausea medication as indicated. If your surgeon has prescribed an antibiotic for you, take that as directed as well. (Note that antibiotics may impair birth control pills).
- Take stool softener (Colace and Senna) EVERY DAY as prescribed or over the counter while taking narcotic pain medication.
- You may resume your preoperative medication at the discretion of your surgeon

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- Only showering and/or sponge baths are allowed. Do not take a tub bath, and do not go to a hot tub, whirlpool, swimming pool or swim in any body of water.
- Be sure to get plenty of rest to allow your body to recuperate faster
- You must walk each day, even if only for a few steps. (It is important that you get up and walk around in your house at least every 2 hours during the day to prevent developing a blood clot.)
- Do not drive while taking narcotic pain medication.
- Do not exercise until cleared to do so by your surgeon.
- The office will contact you the day after surgery to check-up on you, answer questions and book follow-up. (Friday/Weekend surgeries – patients will be called on Monday.)
- Drainage from liposuction incision is normal, this will decrease. Make sure you are staying hydrated. If the output increases or does not slow down please contact the office.

ACTIVITIES

- Keep your garment/ compression on. You may remove it to shower 48 hours after surgery. Besides bathing, do not remove the abdominal garment and/or compression garment. Do not use compression on the breast.
- Do not lift anything over 1-2 pounds after surgery.
- Do not engage in any strenuous activity after surgery such as pushing, pulling, or sexual activity for the first 2 weeks. This may raise your blood pressure and increase the chance of bleeding and bruising.
- Do not apply pressure on the buttock region for 6 weeks. This means no sitting directly on the buttock. You may sit with a pillow under the thighs.
- Minimize laying on your back.
- Do not lie on your sides, or on your drains after surgery

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Medications Prescribed (not all medications may apply)

Scheduled Medications:

Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow prescription ordered) is an antibiotic you must take for a total of 5 days.

(*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery) is used for prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

Tylenol (Acetaminophen) (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours).

Highly Recommended: Scheduled Medication over the counter

Docusate Sodium (Colace) AND Senna: Stool softener: start one day following your surgery EVERY DAY if you're taking narcotic pain medication.

Magnesium hydroxide (Milk of Magnesia): Bowel Stimulant start one day following your surgery if you have not had a bowel movement since surgery. These may be taken together with Senna and Colace.

As needed:

Anti-inflammatory: Toradol (ketorolac) (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other anti-inflammatory while taking this medication.

Nerve Pain: (itching/burning/tingling): Gabapentin (Neurontin) (started day of surgery as needed, please follow prescription ordered) is used for pain relief every 12 hours. Please let us know if you are taking any prescription for mood-altering (depression or bipolar) medications as these can potentially interact.

Muscle Relaxer: Cyclobenzaprine (Flexeril) 5mg (started day of surgery as needed, please follow prescription ordered) is a muscle spasm medication.

Narcotic Pain Reliever: Oxycodone 5 mg (started day of surgery as needed, please follow prescription ordered) is an oral narcotic prescribed to manage your pain

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