

## **BBL Post-Op Instructions**

### **What to Expect**

Post-Operative bruising and swelling to the surgical area (as well as genitalia) is normal and to be expected. This will gradually improve over the next several weeks.

### **First 24 Hours Post Op:**

- A responsible adult (over the age of 18) must take patients home after surgery. In order to ensure supervision, this person must agree to stay with you during the evening following your surgery and into the following day.
- You should drink at least 6 to 8 cups of water (8oz each) after surgery.
- Do not take any aspirin or products with aspirin for up to four weeks post op. ONLY use the pain medication prescribed by the surgeon or Tylenol.
- You cannot just stay in bed. It is important for you to get out of bed at least 5 times a day and walk around.
- Your first postoperative appointment will be with our staff the DAY AFTER your surgery. Your next appointments will be determined by the nurses, but they typically take place 15 days and 30 days post-op.

### **Physical Activity Post Op:**

- Expect to take at least 7 days off work if you are employed. Please limit ALL physically exerting activities for the first week following your procedure and avoid bending at the waist. Do not empty the dishwasher, do laundry, mop, broom, vacuum your home.
- For the first 6 weeks post-op, the maximum amount of weight that you are allowed to lift is *10 pounds*.

- Do not have sexual intercourse for 4 weeks post op.
- Do not drive for 5 to 7 days following surgery or until cleared to do so by your surgeon. Do not drive while taking oxycodone.
- You are not allowed to travel by boat, plane, cruise ship, train, car and/or any form of transportation out of Miami, Florida, for 5 days post-op, at minimum.

### **Sitting Instructions:**

- You are not allowed to sit on your buttocks for 2 weeks after surgery.
- You CAN be seated while using your *BBL pillow* starting 2 weeks after surgery. Use this pillow while sitting for 1 month after surgery.
- At 6 weeks post op you can start to sit without the pillow for 1 hour at a time.

### **Compression Garments Instructions:**

- Your compression garment should be worn at ALL times, 24 hours a day, every day for the first 6 weeks after surgery. You can only remove it to shower once a day and then put it on again as quickly as possible.
- You can use the foam inserts in the compression garment for the first six weeks.
- We recommend having 2 compression garments so that you can have a fresh and clean one to wear while the soiled one is being washed.
- After the first 6 weeks, the compression garments can be worn 12 hours per day for an additional 4 weeks.
- It is normal to leak fluid that may look bloody and wet your garment for the first 3 days after surgery.

### **Showering Instructions**

- You are ONLY allowed to SHOWER for the first 30 days after surgery; NO BATH.
- You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi or hot tub until 1 month after surgery.

- With only soap and water, gently clean incisions using a circular motion and pat dry. Do not rub, tug or scrub the wounds.
- Do not use warm or hot pads on the wounds or abdomen.

### **Sleeping Instructions**

- You must sleep on your stomach, ***not on your side***, for 4 weeks after surgery.

### **Eating & Drinking Instructions**

- Drink small amounts of clear liquids such as water, soda or apple juice.
- If you feel nauseated, rest your stomach for one hour, then try drinking some clear liquid and try eating crackers or toast initially.
- You are not allowed to take any herbal supplements or over-the-counter vitamins/medications for 2 weeks after surgery as this can cause bleeding.
- You are only allowed to take a single multivitamin a day

### **Important Reminders:**

- SURGICAL TAPE/STERI STRIPS SHOULD BE LEFT ON THE INCISIONS UNTIL IT COMPLETELY FALLS OFF ON ITS OWN
- ALL SUTURES ARE DISSOLVABLE AND DO NOT NEED TO BE REMOVED
- DO NOT CONSUME ALCOHOL FOR 2 WEEKS AFTER SURGERY. DO NOT CONSUME ALCOHOL WHILE TAKING PAIN MEDICATION
- DO NOT SMOKE FOR 6 WEEKS AFTER SURGERY - OR AT ALL
- DO NOT UNDERGO ANY DENTAL PROCEDURES FOR 1 MONTH AFTER SURGERY TO AVOID INFECTIONS
- PLEASE AVOID ALL DIRECT SUN EXPOSURE TO THE WOUNDS FOR 8 WEEKS AFTER SURGERY

**\*\*\*Following these instructions and using good judgement is essential for the best possible results.**

**These post-operative instructions are not intended to cover every possible problem that could arise.**

**Please call our office before going to an emergency room or any other physician\*\*\***