

AWAKE BUTT LIFT (FAT TRANSFER TO THE BUTT)

POST OP INSTRUCTIONS

This is an outpatient procedure.

Have someone drive you home after surgery and help you at home for 1-2 days. Get plenty of rest; follow balanced diet.

Take pain medication as prescribed. Decreased activity and pain medication may promote constipation, so add more fresh fruit to your diet, and be sure to increase fluid intake.

If you do develop some constipation then consider one packet of Metamucil daily, prune juice, or over-the-counter stool softeners such as Colace. It is okay to take anti-inflammatory medications such as ibuprofen along with your prescribed pain medicine.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Add vitamin C 500 mg once daily for one week. Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

Walk as soon as possible. This helps to reduce swelling and lowers the chance of blood clots. Plan to walk for at least 30 minutes per day beginning the day after your procedure.

You may shower with regular soap and water 48 hours the procedure. Do not drive until you are no longer taking narcotic pain medications.

You will likely be able to resume most social and employment activities in within 7 days. Do not sit directly on your butt for 2 weeks after surgery. You may sleep on your stomach or sides.

Strenuous exercise and activities such as sports should be avoided for 2-4 weeks depending on your swelling.

No hot tubs, pools, ocean or swimming for 4 weeks.

Treated Area Care

You will be provided and asked to wear a compression garment (i.e. - spandex type clothing) in the area where the liposuction was performed to harvest fat for the fat transfer for 2 - 4 weeks after surgery. You will wear this garment for a continuous 48 hours immediately after your procedure. There will be some normal drainage from the skin openings for approximately the first 24-48 hours, sometimes longer. Most of the drainage will be absorbed by pads that were placed at the completion of the procedure. If you feel that the pads are soaked during the first 48 hours, then it is wise to reach into your garment and remove them. But remember not to remove your garment for the first 48 hours.

After 48 hours, wear the pressure garment 24 hours per day, 7 days a week except to shower.

Avoid exposing any small scars to sun for at least 8-12 weeks.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Keep dressings in place.

Keep access sites clean, dry and inspect daily for signs of infection.

What to expect:

The small access sites will be covered with gauze to protect these areas.

Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persist for 3-6 months or more. Expect temporary numbness, bruising, swelling, and soreness, burning

sensation, bleeding, pain and discomfort.

May have fluid drainage from access sites. This is normal.

You might feel stiff and sore for a few days.

Bruising may be apparent beyond the areas of fat harvest and fat transfer, partially due to gravity.

A healthy diet and regular exercise helps to maintain your new figure.

Fat transfer is a shaping procedure. Do not expect to lose weight from the procedure.

Follow-Up Care

You will have a follow up appointment scheduled for 7-10 days after your procedure. The following visit will be determined at that time.

When To Call

If you have increased swelling or bruising.

If you have increased redness around the access sites.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the access sites or notice a foul odor.

If you have bleeding from the access sites that is difficult to control with light pressure.

If you have loss of feeling or motion.

For Medical Questions, Please Call:

(310) 887-9999 Monday-Friday, 9:00AM-5:00PM. After hours and on weekends, please contact your physician directly.



Ideal Face & Body

BBL Pillow Information



Post Awake Butt Lift(Fat Transfer to Buttocks) it's important to avoid sitting on your buttocks for 6-8 weeks. It takes time for newly transferred fat cells to re-establish blood supply. The fat cells are very fragile and susceptible to pressure. Pressure could cause cell death and minimize surgical results.

For this reason, it's highly recommended to use a BBL pillow. A BBL pillow can be used anywhere you are required to sit. It fits comfortably on any standard seat.

Sit your upper thigh right under your buttocks on the BBL pillow, allowing your buttocks to prop up and not touch any surface. BBL pillow recommended use is immediately post Brazilian Butt Lift. Every 30 minutes it's suggested to get up and move around to generate blood flow.

It's recommended use is 6-8 weeks and up to 3 months when you have fully recovered post Awake Butt Lift.
