

Brazilian Butt Lift – Pre & Post-operative Instructions

You will need to arrange for another responsible adult to pick you up following your surgery. They should be available at any time during the day. In addition, it is strongly recommended for someone to stay with you for one night following your surgery. This is advisable because the anesthetic medications you have been given will make you feel drowsy and possibly nauseated.

Prior to Your Surgery

- On the day prior to your surgery, you may eat and drink as desired until midnight. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT BEFORE YOUR SURGERY.**
- BLOOD THINNERS
 - If you take a daily aspirin (ASA) for preventative reasons only (i.e. you have no cardiac history, previous heart attack, stroke, blood clot or atrial fibrillation) we ask that you discontinue taking it 2 weeks prior to surgery and 1 week after surgery.
 - If you take ASA or any other blood thinner (Warfarin/Coumadin, Pradaxa, Plavix/Clopidogrel, ect.) due to previous cardiac history then please contact your cardiologist or family physician to see if it is **safe** for you to discontinue prior to your surgery. Please follow their recommendations regarding stopping these medications. If they allow you to stop them 2 days prior to your surgery, please do so as it will significantly decrease the amount of bruising you experience after surgery.
 - **If you are on warfarin, please ensure your most recent INR is below 2.5. If you are unsure, please contact your family physician. Please ensure you notify our office the week prior to your surgery with your most recent INR value.**
- PAIN RELIEVERS
 - Several common pain relievers affect how blood clots. If you are taking any medications for pain prior to your surgery, please avoid Aspirin, Ibuprofen, Advil and Aleve for a period of 2 weeks prior to surgery and 1 week after. This is to avoid excess bleeding during the operation. Tylenol is the only medication recommended prior to surgery and may be taken as needed.
- HERBAL MEDICATIONS
 - Avoid Ginseng, Garlic and Gingko.
- HORMONE REPLACEMENT DRUGS AND BIRTH CONTROL PILLS
 - Please discontinue taking any of these drugs on month prior to surgery
- VITAMIN E
 - Avoid large doses of Vitamin E for 3 weeks prior to surgery and 2 weeks post-operatively to avoid wound-healing problems.

- Please arrive at the surgical centre one hour prior to your surgery. Be prepared to tell the staff the name and phone number of the person who will be picking you up. They will be contacted when it is time to pick you up. Dr. Dawes will see you prior to your surgery, as will the anaesthesiologist.
- On the day before your surgery, our office will contact you to confirm your surgery time and answer any last-minute questions. If you have any additional questions or concerns, you may call our office at (403) 571-3141.

Following Your Surgery

- After surgery, you should make an effort to be up and mobile.
- You may eat and drink as you wish. Dr. Dawes recommends however, that you start slow – with sips of clear fluids, progressing through soups and juices to a regular diet.
- **Avoid smoking for 4 weeks post-operatively.**
- You will be given a prescription for pain medications. These may cause drowsiness, nausea, vomiting and constipation. Straining, such as lifting, vomiting and coughing are to be avoided as this may cause bleeding. To avoid nausea and vomiting it is recommended to have some Gravol (Dimenhydrinate) on hand to take if needed.
- To avoid constipation, drink lots of fluids and eat foods with plenty of fiber. Constipation medications including **Lax-a-day/Restoralax** Lactulose, Senokot and Colace are available over-the-counter.
- Your compression garment will be put on prior to your leaving the surgical centre. You must wear your pressure garment at all times (day and night) for 3 weeks. After this, you must continue to wear it at night for another 3 weeks. See sheet entitled **Optimal Wound Healing – Dissolvable Sutures with Steri-strips** (attached) for specific wound healing instructions.
- You may start walking immediately after surgery. Immediately following the surgery, high impact activities should be avoided, especially any type of bouncing. After one month, light activities, such as fast-paced walking, can be performed. Gradually resume normal activities, soreness and swelling are signs you are doing too much. Most patients can return to their normal activities six to eight weeks after surgery.
- Avoid sitting, lying on your back or sides for 3 weeks. After 3 weeks minimize pressure on the butt (minimize sitting/lying on back when possible) When sitting, try to have your weight placed on your thighs, rather than your buttocks. Use a pillow if you have to sit until 6 weeks post operatively to maximize fat survival.

What to Expect

- You can expect moderate discomfort in the suctioned areas, which should gradually improve over about 1 week. The buttocks will be very sensitive for approximately 10

days following the procedure. Your wounds will be very small and may drain small amounts of fluid for 1-2 days following your surgery.

- You should expect to devote at least 3 weeks to recovery. It is best not to sit at all during this time because even a short period of sitting can kill some of the fat grafts. Sitting causes a surprising amount of pressure on the newly transplanted fat cells. Even a low level of pressure can crush the delicate new cells as they create new blood vessels to feed the area.
- In order to take direct pressure off the bottom, you should sleep on your stomach or on your sides.
- Swelling usually subsides after three weeks, but can occasionally persist longer. If swelling worsens and is associated with pain, please call Dr. Dawes' office immediately at **(403) 571-3141** or (403) 998-4548.
- Immediately after surgery, your butt will be large and swollen. All the fat that has been injected will be there, and you will be very swollen from the surgery itself. This will go away over the next few weeks and your butt will decrease in size. Over the next three months, some of the fat that has not survived is lost, so it really takes three months to see the final results.
- Bruising will likely be VERY extensive. It will be worst at 5-7 days post-op and may persist for up to 4 weeks.
- You may experience a feeling of numbness around the incisions. This is normal and may persist for several weeks.

If you have any questions or concerns, please feel free to contact Dr. Dawes' office at (403) 571-3141. If it is of an urgent nature, please contact Dr. Dawes at (403) 998-4548.