

PURE PLASTIC SURGERY

Liposuction with Gluteal Fat Transfer (BBL) Post-Operative Instructions

Immediately After Surgery

1. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised. You should not plan to drive yourself home.
2. Do not drive or operate any machinery and do not make any important personal decisions for 24 hours after surgery.
3. Burning sensation, redness, and also bruising are normal reactions following a BBL procedure.
4. You should rest quietly and comfortably for the first 24 hours after surgery.
5. **YET! YOU MUST BEGIN WALKING the evening of surgery.** You have to get out of bed and walk every hour or two for at least 10 minutes. Bedrest alone is not allowed.
6. Expect a large volume of blood-tinged fluids to drain from the drain but also through the small incisions during the first 24 to 48 hours following tumescent liposuction. You can place ABD pads or Gauze pads over the incision sites to absorb the drainage.
7. Your drain (Jackson-Pratt drain) needs to be emptied. Please squeeze the bulb after emptying it and then replace the valve. Please visit youtube and search for JP drain care for a tutorial. The drain will be removed within 5 days after surgery. It can be removed by any of the medical staff at our office.
8. Avoid bending at the waist. Do not do major moves. Avoid performing activities that require effort, such as empty the dishwasher, do laundry, mop/broom/vacuum your home.
9. Walk every hour or two for at least 10 min. Especially during the first week post op.
10. Please limit ALL activities for the first week following your procedure.
11. You must drink plenty of water. Hydration is extremely important after surgery. Try to drink a gallon or two a day of liquids. (soups, gatorade, juices and other fluids count as well as water).
12. Do not take any aspirin-type products or herbal supplements for 2 weeks after surgery. ONLY take the pain medication prescribed by the surgeon.
13. Take Antibiotics as directed until the prescription is finished. Take antibiotics with food.
14. You can restart the iron regimen that you did in preparation for surgery, the day after surgery.
15. You don't have diet restrictions however following a liquid diet for the first day after surgery and transition to a soft diet for the next 2 days followed by a regular diet, is recommended.
16. Showering:
 - a. Start showering 24 hours after surgery. Shower once or twice daily. First wash your hands, then wash incisions gently with soap and water; afterwards gently pat incisions dry with a clean towel.
 - b. You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until 6 weeks after surgery or until it is instructed by the surgeon.

Appointments

1. Your first post-operative appointment will be with our staff the day after your surgery.
2. The follow up visit will be scheduled with a surgeon within a week after your operation.

3. **You are not allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.

Compression Garment Instructions

1. **The elastic compression garment provided during your surgery should be worn AT ALL TIMES.** You can remove it only to shower and to clean it once a day and then replace for a period not longer than 2 hours.
 - a. We recommend 2 garments so you can have a fresh/clean garment to wear while the soiled garment is being washed.
 - b. The compression garment must be worn 24/7 for the first 6 weeks after surgery.
 - c. After the first 6 weeks, it can be worn 12 hours per day for an additional 6 months.
 - d. You can use surgical foams inserted in the compression garment for the first 6 weeks after surgery.
 - e. We recommend an extra compression type garment to be worn once your original garment is not giving you enough compression with foams in. The timing of this switch to the “stage 2” garment will vary from patient to patient. The rule of thumb to follow is whether you feel compressed or not. If you are not feeling enough compression, it’s time to move to a tighter garment. Keep in mind that you may need more than 2 types of garments. Some patients need 3-4 garments after the original, because their inflammation goes down quickly and they need to change to several stages of compression to achieve the compression needed to feel supported and relieve swelling.
 - f. All garments can be discontinued at 6 months, but you may choose to wear them for a longer period. Listen to your body.

Sitting Instructions

1. Avoid pressure on your buttocks for 6 weeks.
2. You are NOT allowed to sit or lay down on your back for 6 weeks.
3. You must sleep on your belly (not on your sides) for 2 weeks.
4. You can sit with a BBL pillow just WHEN NECESSARY for short periods of time for the first 2 weeks after surgery and for longer periods from then up to 4 weeks post op.
5. At week 6 you can start to sit on your buttock without the pillow. for short periods of time.
6. At week 12 you can sit as long as you are comfortable.

Long-Term Post-Operative Care

1. No smoking is allowed 4 weeks before and 4 weeks after surgery. Hopefully you do not smoke at all.
2. Do not undergo any dental procedures for 6 weeks before and after surgery to avoid infections.
3. It is NORMAL to have bruising and swelling to the surgical area. This will gradually improve over several weeks.
4. Itching is common and is part of the healing process after a liposuction. Keep your skin moisturized, but avoid putting lotions directly to the incision, instead apply it around them. You can also take Loratadine 10 mg once a day to help with the itch.

*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

Post-op Concerns

Most post-op questions can be answered during your post-op visits. However, we are always available to answer your questions through our HIPAA compliant text messaging system Klara. If you are experiencing any of the following, please call the office:

1. You experience any fever (101.5 or higher taken with a thermometer), shortness of breath, chest pain or unusual pain in the operated area.
2. You have bright red bleeding that saturated or oozed the pads (pink or translucent oozing during the first few days is normal).
3. You have severe pain that is not responding to medication or if the incisions are showing signs of infection (such as redness that spreads away from the incision to the adjacent skin and is extremely tender), foul odor drainage through the incisions.

The office can be reached directly at **305-230-4326**

IMPORTANT: Do not use Klara for urgent messages between 5pm and 9am Monday-Friday and on weekends. Our staff does not review Klara messages outside of office hours. For urgent medical questions, please call the office and, if we are closed, you will be transferred to the after hours answering service.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

Kendall Regional Hospital
11750 SW 40th St.
Miami, FL 33175

South Miami Hospital

6200 SW 73rd St.
South Miami, FL 33143

IF YOU ARE HAVING A LIFE THREATENING EMERGENCY, PLEASE CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM AND CALL US TO LET US KNOW ONCE YOU ARE ABLE TO DO SO.

I have read and understand the post op instructions provided above. I do not have any further questions at this time.

Patient Name: _____ Patient Signature: _____

Witness: _____ Date: _____ Time: _____