

J. Jason Wendel, M.D.

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**Recovery
Instructions**

BRAZILIAN BUTT LIFT

This is an outpatient surgery.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow a balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to drink plenty of fluids.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your physician.

Do not drink alcohol when taking pain medication.

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

Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

**IMPORTANT: DO NOT SIT ON YOUR BUTT
FOR THREE WEEKS AFTER SURGERY**

Walk as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.

You may shower 48 hours after surgery.

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 2-3 weeks.

Do not sit directly on your butt for three weeks after surgery.

You may sleep on your stomach or sides.

Strenuous exercise and activities such as sports should be avoided for 4 weeks.

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 4 weeks.

Treated Area Care

Dr. Wendel may have you wear some type of 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 weeks after surgery.

Wear pressure garment 24 hours per day and 7 days a week.
You may remove surgical garment(s) to sponge bathe and/or shower.
After showering, reapply pressure garment and gauze to cover areas of fat harvest and fat transfer.
Avoid exposing any small scars to the sun for at least 12 months.
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.
After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.
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.
It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but generally, after about a week, you should begin to feel better.
Bruising may be apparent beyond the areas of fat harvest and fat transfer, partially due to gravity.
You may have one suture at the access site for fat harvest.
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

Dressings are removed 5-7 days after surgery.
Sutures, if any, are removed 7-10 days after surgery.
Instructions regarding surgical glue removal and scar gel treatment/application will be provided at your post op appointment.

When To Call

If you have increased swelling or bruising.
If swelling and redness persist after a few days.
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.

Managing Refill Prescriptions

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends.

Messages received after hours or on weekends will be processed the next business day.

For Medical Questions, Please Call:

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.