



Brazilian Buttlift Instructions

Presurgery

- Shower night before surgery with Hibiclens or Dial soap (can buy over the counter).
- Signed consent and given preop and postop instructions
- Fill prescriptions for postop medications (pain, nausea, stool softener, muscle relaxant)
- Good night rest, nothing by mouth after midnight, unless otherwise instructed
- Make sure you have been assigned a time to arrive at the surgery center

What To Expect

- Bruising and swelling typically peaks in 3-4 days
- Some fluid drainage after surgery is expected due to the use of tumescent solution used in performing liposuction
- Mild to moderate pain of liposuctioned areas

Postsurgery

- WALK, GET OUT OF YOUR BED EARLY AND OFTEN (WITH ASSISTANCE) TO HELP PREVENT POSTOP PROBLEMS
- SLEEP ON STOMACH, DO NOT LAY OR SIT ON BUTTOCKS for more than 20 min, use BBL pillow.
- Take pain medication as instructed
- NO SMOKING, smoking may cause wound healing problems
- Strip and record drainage output at least twice daily, if more drainage will have to record more
- WEAR ABDOMINAL BINDER OR COMPRESSION GARMENT AT ALL TIMES FOR 6 WEEKS, OK TO REMOVE to shower.

- It may be necessary to buy different size garment as swelling resolves; ALSO, MAKE SURE GARMENT IS FLUSH WITH SKIN, AVOID ANY RIDGES/CREASES IN GARMENT
 - OK to shower 48 hours after surgery, wet incisions, do not scrub until instructed; blot all incisions dry
 - Eating after surgery
 - Start with clear liquids, as you may experience discomfort from anesthesia
 - Advance slowly to soft diet for first 3 days; Avoid spicy foods and sugar free candy
 - Avoid salty foods as they may contribute to prolonged swelling
 - Resume home medications unless otherwise instructed
 - Begin scar treatment after drains and sutures have been removed
 - SEE WOUND CARE INSTRUCTION SHEET FOR GENERAL INSTRUCTIONS
 - Continue scar therapy for 6 months
 - OK to massage liposuctioned sites at 1 week; focus on any hardened areas and gently massage 6x daily to help soften scar
 - LYMPHATIC MASSAGES ARE OK, make sure you see a licensed therapist and would not start until at least 2 weeks after surgery;
 - USE “BOOTY PILLOW” TO SIT, PLACE UNDER THIGHS SO NO PRESSURE DIRECTLY ON BUTTOCKS
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Remember, it is vital that you make your initial post-op appointments and be seen by Dr. Chopra. He will see you at least once in the first two weeks, then at one month, 6 months and 1 year.

Call to schedule your appointments at (703) 962-2520 between the hours of 9:00-5pm, Monday to Friday.

IF YOU HAVE ANY CONCERNS OR PROBLEMS, PLEASE CALL US IMMEDIATELY. IF IT IS URGENT OR AN EMERGENCY DIAL 911 OR REPORT TO YOUR NEAREST EMERGENCY ROOM.

If you are not sure, please contact us and schedule an appointment to be seen. There is no such thing as a bad question or concern.