

Post-Operative Instructions for Brazilian Butt Lift (Autologous Fat Transfer to Buttocks)

After your fat is transferred, the survival of the fat depends on a carefully orchestrated set of events. During the initial fat transfer surgery, fat is transferred and injected into the buttocks in small strips. Initially, surrounding blood and nutrients supports the transferred fat. This surrounding blood is created by micro-trauma during the surgery. However, the transplanted fat quickly runs out of nutrients. The fat needs new blood and nutrients. During a process called angiogenesis, new blood vessels grow into the transplanted fat. These new blood vessels bring fresh blood to the area and into the strips of fat. During this stage, it is important that the transplanted fat and new blood vessels are not disrupted. If the buttocks are disturbed or placed under unnecessary pressure, new blood vessels do not form, and the transplanted fat dies. After approximately three weeks, the new blood vessels have been established, and blood flow is reliable. If you avoid undue pressure for three weeks, the survival of the fat is optimized.

What you can expect

You will wake up in a compression garment. Under your garment, the liposuction access sites will be covered with a small bandage. Please keep the bandage on as long as you can. If the bandage falls off, then apply antibiotic ointment (Neosporin, polysporin, etc) on the incision twice daily for up to five days. Cover the incisions with bandage. You will have manageable pain in your buttocks and from the areas of fat harvest. You will have some swelling, bruising, drainage, numbness, and slight bleeding. These conditions are all normal in most cases after fat transfer to the buttocks.

For the first week or more, you will be stiff and sore. During your first post-operative visit, your garment will be changed, and your bandages changed. You may have bruising in areas that did not have any surgery. This bruising is normal and is due to gravity. Depending on how the liposuction access sites look and whether permanent or dissolving stitches were used, the stitches will be removed in 7-10 days.

You should expect your figure to change. You should not expect to lose weight from the procedure.

DO NOT:

- 1) **Do not sit on your buttocks for three weeks.** One of the most important things after a Brazilian butt lift is the survival of the grafted fat. Pressure on the buttock can kill or shift the transplanted fat. With that said, if tummy tuck was performed at the same time, please be aware that it is nearly impossible to keep all pressure off of your buttocks. Try as best as you can to relieve pressure on your buttock during your recovery process from tummy tuck. Maintaining your body in lawnchair position (abdomen flexed, knees flexed) will make it easier to keep pressure off of your buttocks. Putting pillows under your knees is also helpful.
- 2) Do not squat or stretch for three weeks. Activities can cause pressure in the buttocks and can destroy transplanted fat.

- 3) Do not smoke. Smoking causes vasoconstriction and decreases oxygen delivery to newly transplanted fat.
- 4) Do not engage in sexual intercourse for two weeks.
- 5) Do not drive for three weeks.
- 6) Do not swim for four weeks.
- 7) Do not use hot tubs for four weeks.
- 8) Do not sleep on your buttocks for three weeks (again, this will be difficult to do if you are having tummy tuck at the same time. Just try your best to relieve as much of the pressure as possible off of your buttocks).
- 9) Do not expose the scars to sunlight for twelve months. Use sunblock.
- 10) Do not apply ice. You will have areas that are numb. If you place ice on a numb area, you may develop frostbite.

DO:

- 1) Do wear your compression garment. Dr. Lee will instruct you further on how and when to wear compression garment. If tummy tuck was done at the same time, you will be in an abdominal binder first before switching to compression garment on your first post-operative visit.
- 2) The day after your surgery, do walk twice a day. Walking decreases swelling. Walking also reduces the chances of a blood clot.

Please do not hesitate to contact us for any questions or concerns.