
Commonly asked Questions & Answers

1. Reasons to contact the hotline immediately:

If you are to develop a fever (100.5 Fahrenheit), if you see unusual redness, unusual inflammation, any area hot to the touch, any discharge yellow or green in color, and if you notice any foul odor, or any sudden increase in pain or tenderness. If you are experiencing any of these symptoms, please call us ASAP.

2. When am I supposed to wear a garment? How long should I wear the garment for?

We will place a garment after surgery to provide some gentle pressure, to give you stability, and to reduce swelling. If it feels too tight or causes pain, take it off and contact the office for further instructions. You may also remove it temporarily for laundering. It is recommended that you wear the garment for four to six weeks. It is crucial that you assess your skin **daily** for any blisters, redness, folds in the skin or dark areas that can be caused by the garment. If you do notice any blisters, redness, or dark areas then please notify us immediately. It is very important that you **do not** wear a corset or waist trainer for the first 6 months after your surgical procedure.

3. What are appropriate sleeping positions based on your surgical procedure?

Breast- sleep propped up on 3-4 pillows for the 1st month, do not lay flat on your stomach for the 1st month, if you lay on your sides make sure you lay on pillows.

BBL only- sleep on your stomach for the 1st month to keep pressure off the buttocks.

BBL with Breast and/or TT- sleep side to side with pillows placed under you and alternate from one side to the other every 1-2 hours or may sleep on your stomach propping your buttocks in the air and 1-2 pillows supporting the breast.

TT- sleep with 3-4 pillows behind your shoulders and 1-2 pillows under your knees to ankle, should look like a "V" position to keep tension off the incision, a recliner is perfect.

4. When is it safe to start the gym after surgery?

You can start doing cardio 4 weeks post-operatively. You can start lifting light weights 6 weeks post-operatively and slowly work your way up. It is important that you listen to your body, if something does not feel right or begins to hurt then stop and don't overdo it. You know your body best.

5. How long does the swelling take to improve?

It is expected to have swelling the first 6 weeks post-operatively. During that time frame the majority of the swelling will subside. After the 6 weeks some swelling may remain and can take up to 6 months to subside. Please remember that your body is still healing up to the 6-month mark. You will see the final results in 6-12 months.

6. When is it safe to go swimming or to the beach?

You should not submerge your body under water for the first 6 weeks post-operatively. If you are healing well then you can go in the pool or to the beach after 6 weeks. Or as directed by Dr. Najera and staff.

7. When is it safe to start applying scar treatments?

You can start applying scar treatments once the tapes have fallen off, the incisions have healed entirely, and you get the okay at your post-operative appointment. It is usually around the 2-3-week mark that you can start using the treatments. We recommend using Biocorneum, which you may purchase from our office at your follow up visit.

8. When can I start getting lymphatic massages?

It is recommended to get lymphatic massages starting on post-op day 3.

9. How long should I use the boppy or BBL pillow for?

The boppy pillow should be used for 4-6 weeks after your surgery. You are to keep as much pressure off of the buttocks area for the first 4 weeks and try to avoid long periods of time sitting.

10. When can I start having sexual intercourse again?

You should refrain from intercourse the first 2 weeks after surgery. Once you are feeling better, then you can resume having sexual intercourse. It is really up to the individual as to when they feel comfortable to do so. Just keep in mind your surgical sites. For example, if you had breast surgery, do not lay on your stomach; if you had a BBL do not lay flat on your back; etc...

11. What is the proper way of caring for the drain sites?

Once the drains have been removed there are certain guidelines as how to care for the site. It is important to dry the areas well after you shower. Keep the area clean at all times. One time a day after you shower apply bacitracin ointment to the area and cover with a Band-Aid. The areas will take several weeks to heal completely. If the area starts to look inflamed, red, or gets a foul odor then please advise us immediately.

12. Is it normal that one implant is higher than the other?

It can take up to 3 months for your implants to drop and settle. The implants do not necessarily drop at the same time therefore you may have one slightly higher or lower than the other for a short period of time. If you notice a drastic change in the symmetry, then please notify us immediately. If you feel one breast harder and higher than the other, then please notify us immediately.

13. What are spitting sutures? Is it common to have spitting sutures?

Spitting sutures are common post-operatively and nothing to be extremely concerned about. The spitting sutures will feel like a little plastic coming out of the incision line. If you are to feel one, please apply triple antibiotic ointment (i.e. Neosporin) and cover with a band-aid.

14. Are seromas common after a surgical procedure?

Seromas may occur after your surgical procedure. A seroma is a pocket of fluid that will begin to accumulate in a certain area or areas where you had surgery. The most common areas for one to experience a seroma are in the lower back and abdomen area. If you are to develop a seroma, then we will make an appointment for you to come into the office and have it drained under sterile conditions. If you are not a local resident, we will assist you in finding a local doctor to drain your seroma for you. Please be advised that seromas do take time to heal and depending on the amount of fluid a person as influences the amount of times you will have to get it drained.

15. What are the signs of a seroma?

You will feel a fluid pocket in the area of where there may be a seroma. Some people experience an uncomfortable sensation while others say they feel like a water bed. If you press lightly on the area, you may see the fluid moving. If you notice any of these symptoms, then please notify us immediately so we can better asses and treat.

16. How to treat constipation post-operatively?

Constipation is a common issue after undergoing a surgical procedure. The first 7 days after surgery you should take a stool softener such as Dulcolax or Colace until your bowel movements become regular again. If by the 7th day you have not had a bowel movement then we recommend you do a fleet enema which can be purchased over the counter.

17. What are common anemia symptoms you will experience for the first several weeks after surgery?

It is expected that every patient become temporarily anemic after undergoing liposuction. The symptoms of anemia are: headaches, weakness, rapid heartbeat, dizziness, and being lightheaded. These symptoms just take time to subside and it is very important that you continue to take your iron pills and stay hydrated through this time period. Please remember that when you move and change positions to do so SLOWLY to prevent any fainting episodes. Also, make sure to take lukewarm and not hot showers, because hot water may cause fainting spells.

18. Is losing sensation in my nipple temporary?

One of the side effects from surgery can be losing sensation in your nipple. The majority of the time the sensation returns within the 1st year of recovery. Please be aware that it may take longer depending on the patient and their healing process. There is also a small chance that it may not return.

19. When can I spray tan after surgery?

Spray tanning is not advised for the first 6 weeks of recovery. You can spray tan once all your tapes and sutures have been removed and if you are healing well. If you are having any complications it may take longer for you to be cleared to spray tan.

20. What can cause a hematoma?

Hematomas are a complication that can occur after a breast surgery. It is important to notify us immediately if you are experiencing increased swelling on one breast and a spreading bruise, it may also be extremely painful. In order to prevent a hematoma from occurring please do not use hot water when showering the first several weeks after surgery, try and avoid any activities or drinks that may increase your blood pressure.

21. How to get a refill for pain medication?

Pain medication is a controlled substance and cannot be called into any pharmacy. These prescriptions require the physical prescription paper to be taken to the pharmacy in order to be filled. There is a maximum on how many times you can get pain medication. After your initial prescription that you pick up prior to surgery you are allowed 2 more refills.

22. Why am I still seeing dimples and/or cellulite?

Surgery is not a cure for cellulite. Unfortunately, there is nothing that completely cures cellulite. If you have a fat transfer the appearance of the dimples may improve a bit but not entirely. Please understand that the cellulite will never disappear entirely. Also, in the beginning weeks you may see that the cellulite is gone but once the swelling subsides it may return.

23. Why do I hear a snap, crackle, pop noise in my breast?

After undergoing a breast surgery, it is common to have air trapped in the area, which may cause a

snapping, crackling, and/or popping noise. The noises usually subside within 2 weeks after surgery. Please do not be alarmed, as the majority of the time this is completely normal. If you are experiencing this, please feel free to contact the hotline and be reassured.

24. Why do I still feel numb and/or itchy after surgery?

It is expected to feel numb and itchy in certain areas after surgery especially the areas that had liposuction. The numbness can take up to 1 year to completely diminish. Please be aware that some areas may gain sensation quicker than others and that is also normal. Feeling itchy after surgery is normal and will also take several weeks to subside, do not scratch with your nails as this may tear your skin. It is advised to rub the itchy area instead with vitamin E oil.

25. Why do I still have back rolls?

Having back rolls post-operatively can be caused by several different things. The main cause is wearing a tight bra that pushes out the skin in the area. Also, please keep in mind that liposuction removes the fat from your back, but it will not always smooth out your skin, unless you exercise your back. Also, creases in your back will not be erased by liposuction.

26. How can I maximize my surgical results?

Surgery is not a miracle cure and requires maintenance post-operatively on your behalf. In order for you to maintain your results and achieve your desired look you have to practice healthy lifestyle living. It is imperative that you practice healthy eating habits and exercise several times a week. With the combination of surgery and a healthy lifestyle you can maximize your results for the best possible outcome. Also, it is essential to be compliant with all post-operative instructions to help ensure a smooth and stable recovery.

27. Why do I look the same after surgery?

Please remember that it takes 6 months for one to see their final results. Your body is still healing and going through changes the first several months. The swelling will continue to decrease with time. Many times, we forget what we looked like prior to surgery and that can also affect how we mentally see our results. **It is helpful to look back at pictures you may have from before surgery to remind yourself where you started.**

28. How do I know if I have a capsular contracture?

A capsular contracture is a common complication post-operatively. A capsular contracture is nobody's fault, it is the result of how your body heals/reacts to a foreign object being implanted. Your body begins to form tissue around the implant and in order to fix the capsule the doctor has to remove the capsule surrounding the implant. Signs that you may be experiencing a capsule is seeing one breast higher than the other, the affected breast may feel very hard, and you might have pain in the affected breast. If you notice any of these signs then please notify us so that we can assist you and have it taken care of.

29. How does weight change affect my BBL results?

Once you have reached the 1-month post-operative mark you will have a better idea of how your buttocks will look. The majority of the time the percentage of fat that you lose will take place throughout the first month. The first 5-10 pounds you gain will go to your buttocks first and then start to spread throughout other body areas. If you lose weight the first place you will lose it is the buttocks area. If you are trying to manipulate the size of your buttocks monitor the weight closely to not cause harm to your

results. Please remember that it will increase or decrease proportionately with the rest of your body.

30. How can weight affect my liposuction results?

Liposuction does not guarantee that you will never gain weight again. It is a stepping stone to reaching your desired look. The results will not change drastically if you gain 5 pounds depending on the patient's height, weight, and body type. If you gain 10 pounds or more, then the results will be affected. Please be aware that when you gain weight after having liposuction the weight will first spread to the areas that were not operated on. After the weight has gone to the areas you did not operate on it will begin to affect the operated areas. When you gain weight after liposuction it looks entirely different than when you gained weight prior to surgery.

31. What do I do if I develop a rash?

Some patients develop a rash post-operatively. This could be an allergic reaction to your medications or just skin irritation because of your bandages. Please contact the patient hotline and send a picture of your rash so that we can help guide you on how to treat the rash.

32. Can I have the Snapchat videos of my surgery sent to me?

If you agreed and consented to post your surgery on Snapchat and would like to obtain a copy of your video, please send an e-mail request to info@najeraplasticsurgery.com. As long as we have the Snapchat saved (which we have about 95% of the time) we will send it over to you within a few days of your request.

33. Why do I feel a hard lump or ball where I had a fat transfer?

Sometimes, when a fat transfer is performed not all of the fat cells that are injected survive. The fat cells that do not survive may form a hard lump or ball. This is not a cause for panic. If you feel any hardness in these areas, please call the office to schedule a follow-up appointment so we can examine you.

34. When can I drive?

It is safe to drive 7-10 days after surgery if you are no longer taking pain medication. You must refrain from driving while you are taking pain medication.

35. When can I drink (alcoholic beverage) again?

You can have an alcoholic beverage once you have completed the entire cycle of antibiotics ordered. Assuming normal healing and no open wounds, you can resume drinking about 2 weeks after your surgery.

What if I am not happy with my results?

Step 1: Breathe.

Most people may think surgery is a “quick fix” and you wake up from the operating table as a whole new person. Sometimes you even look worse immediately after surgery! Your body takes time to heal. Swelling takes time to subside. Scars take time to fade. Take a breath and try to relax. You can't make any firm judgments about your surgery until you have waited at least six (6) months.

Step 2: Remember.

It is easy to look at Instagram photos of models or your wish pictures and quickly become unsatisfied with your results. Your friends and family may tell you that you don't look that different after surgery. You have to take a step back and remember what YOU looked like before surgery. Look at your own photos from before your surgery. Plastic surgery can make dramatic improvements to your body, but unfortunately it is not magic. Your anatomy, body shape, skin tone, starting weight, genetics, the way your body heals are all limiting factors when it comes to surgery. Dr. Najera will make you the best YOU that is possible with surgery—and remember that is the only BEST that matters :)

Step 3. Listen.

You know when you were growing up and you didn't want to listen to your parents, and they would annoy you and say “We know better because we have more experience.” Super frustrating because they turned out to be right. Well, say hello to your surgery parents: Dr. Najera and his staff. Listen to us and follow our advice and instructions. We have guided over ten thousand patients through surgery- so stop looking to the internet, Realself, social media, your family and friends for your answers and advice regarding your surgery. Listen to your surgery parents- “We know better because we have more experience.” :)

Step 4. Help Yourself.

Plastic surgery is actually a team sport. We get your body to the best place it can be surgically but it is up to YOU to maintain the results. You made the decision to change your life when you scheduled your surgery- but that commitment to change does not end on the surgery table- it is a choice you must make every day.

Healthy Diet and Exercise. Weight gain is the #1 way you can reverse the results of your surgery. Surgery is not a magic cure that prevents your body from ever gaining weight again. If you do not change your lifestyle habits, you will have gone through the pain of surgery and recovery for nothing.

Follow your post op care instructions. Again, this is where you have to LISTEN. Follow the instructions you are given—don't tan when you have scars, don't go swimming until your wounds are closed, take your medications, don't lift heavy things before you are ready, send us progress pictures- just to name a few. By not following doctor's orders you can cause unnecessary complications and compromise your results.

Smoking. It's a dirty habit that can also compromise your results in disastrous ways. Just Quit. :)

Step 5. Accept.

There are certain realities in life you have to accept. Your body will never be perfectly symmetrical. Your scars will never completely fade or be ruler straight. Your scars may peek through your bikini. Your boobs will never be exactly the same size. Your cellulite will not be cured. You cannot make your waist any smaller without removing a rib. You will never be perfect. Good news, you're not alone :)

Once you accept this, you will be able to appreciate and be grateful for how much better you look and actually enjoy your results. Be proud of how far you have come!