

[www.sskplasticsurgery.com/brazilianbuttliftrecovery](http://www.sskplasticsurgery.com/brazilianbuttliftrecovery)

## **BRAZILIAN BUTT LIFT RECOVERY**

*“I could make the whole of Manhattan disappear into that [Jennifer Lopez's] amazing butt.”*  
— David Copperfield

Some people are “blessed with” ample flesh and fat on the buttocks; they like the curves they see in the mirror. Not you. Lacking such a blessing of appealing curves, due to congenital or traumatic effects to the buttock region, you feel cursed and cheated; you desire a distinctive, abundant shape to fill out your clothing and enhance your sex appeal, which is available to you only via surgical and cosmetic enhancement. You are considering or planning to schedule with SSK to undergo a **Brazilian Butt Lift in Orange County**. My staff and I are honored to serve your needs with the finest attention, technique, and follow-up care. During the procedure, we do everything we can to minimize bruising and swelling with gentle tissue handling, meticulous hemostasis, good blood pressure control, and a combination of many other proven strategies. Every surgical procedure comes with a degree of risk; fortunately, minor complications that do not affect the results happen only occasionally and major complications happen rarely.

Please read and later refer to the following information to aid significantly in your recovery.

## **YOUR TAILORED PROCEDURE AND RECOVERY**

**At every moment, I will invest my many years of training and skill to ensure the best outcome for you in terms of both the procedure and your overall health, just as I do for every one of my patients.**

### **Anesthesia:**

Your surgery will be under general anesthesia (perhaps also with a local anesthetic to maximize pain control) or perhaps via intravenous sedation. During the procedure, we do everything we can to minimize bruising and swelling with our proven strategies so that you can be presentable and back to your normal activities ASAP.

### **After Surgery, in the Recovery Unit:**

When you are fully awake, our staff will review with you your post-operative care instructions that we discussed prior to surgery. We use simple, light dressings that are easy to take care of and comfortable support garments that will keep your buttocks positioned symmetrically during the early stage of healing while also controlling swelling and preventing an accumulation of blood or fluid. Instructions will include what you can and cannot wear and the duration of restrictions, other details about your postsurgical care, normal symptoms you will experience, and potential signs of complication to watch for. When you are well enough for your driver to take you home, we intend you to have little to worry about so that you can start to enjoy the optimized results to your buttocks while you recover.

*Outpatient:* Most Brazilian Butt Lifts are outpatient. We will send you home with your driver. You must have someone stay with you, especially overnight, because the anesthetic can affect you for the next 24 hours. Either I or a member of our staff will call later to check on you.

*Inpatient:* Depending on co-morbidities, distance from the hospital, the extent of the procedure, and whether you are experiencing any unusual reactions, you may need a 23-hour hospital stay. If necessary, you will be admitted and cared for in a room after surgery. I will visit you the next day. At release time, your driver will take you home, where help awaits you.

### **Help/Support at Home:**

**It is important to keep your arrangement of having someone to stay with you in order to help with your care and with your family's needs for at least a few days, depending on the extent of your surgery and your situation at home.** If the arrangement you scheduled falls through, call us right away; we can arrange for a private-duty nurse or a trained companion to care for you at your expense. Having help is crucial to your recovery! Either I or a member of our staff will call later to check on you.

### **Medications:**

Oral pain relievers may keep you comfortable. We will maximize your post-op comfort by combining oral pain medications and muscle relaxers; they have different functions and may work synergistically when combined. But, if you experience extreme or long-lasting pain, allergic reactions, or other unusual symptoms, call us without undue delay. If I prescribe an oral antibiotic for you, be sure to take it as prescribed and for the full period. I may also prescribe a topical ointment and/or an antibiotic. Please do not take aspirin or products that thin your blood 7 days prior to surgery.

### **Sleep/Rest/Relaxation:**

You should sleep and relax on your stomach or sides, and watch movies/TV and read from these two positions for at least the first 2 weeks to reduce swelling in the surgical area and while significant swelling remains.

### **Sitting:**

For at least the first 2 weeks it is critical to avoid direct pressure on the newly operated buttocks in order to prevent damage to the augmented areas. During this time you may sit only on the toilet and only for as long as you need to each time. You must avoid prolonged sitting for at least two weeks. During the remaining several weeks, and possibly longer, beyond using the toilet you may sit with a pillow or a cushion behind your thighs/hamstrings—without touching your buttocks—to raise your bottom and continue to prevent direct pressure on the healing operated areas.

**From lying on stomach/side to a standing position:** Without pushing/pulling on your buttocks, maneuver carefully from your stomach or side into a standing position, for at least the first few days.

**Traveling by Car:** Only when absolutely necessary for the first few weeks. Do not sit or lie on your buttocks; instead, lie on your stomach in the back seat or alternate from one cheek/hip to the other.

### **Showering vs. Bathing:**

You will be allowed to shower the next day and even get your incision wet, but I prefer that my patients not submerge their incisions in water (such as in a bathtub, pool, hot tub, or ocean) for 3-4 weeks while their wounds are healing.

### **Clothing:**

Besides wearing the special support garments we provided, you should continue to dress as you did on your surgery day: soft, loose, comfortable and probably elastic-waisted clothing that goes on and comes off easily and that won't squeeze your newly operated buttocks into your pants. You may also consider wearing tops and sweaters that are shorter and won't fall down to rub on your bandage and incision. Slip-on shoes would be helpful, too, so that you won't have to bend over or to excessively activate your posterior muscles.

### **Beverages & Foods:**

Please stay hydrated, preferably with water, before and after surgery for a safe recovery. Limit alcoholic beverages to no more than 2-3 weekly, and do not have them with medications. You should have prepared for your post-surgical recovery by buying lots of bottled water if you need it, along with low-sodium/caffeine-free/high-protein beverages and foods, and fresh fruits and veggies.

### **Activities:**

From the day of surgery onward, you should rest most of the time but also do a little moving around. To maintain good circulation, move your hands and feet at least every few hours, and stand and walk several times a day.

I recommend that you store all the supplies you will need, especially during the first week, where you can easily reach them (at counter level when you are standing and at coffee-table/side-table level when you are resting). If possible, have a speakerphone closeby and remote controls for the TV and other electronics.

You may do light activities in 7-10 days, including light to moderate walking, if they do not press upon or otherwise activate the gluteus maximum muscles. This is a good time to catch up on reading (newspapers, magazines, books) and to watch movies and TV shows. **DO NOT** try to take care of someone else; *this is your time for someone to take care of you.*

**Strenuous Activities: Pulling, Exercising, Sports:** For 6-8 weeks you should avoid strenuous activities that activate, bump, press upon, or otherwise involve risk to your buttocks, their gluteus maximus muscles, and areas of grated/injected fat:

**Driving:** Do NOT drive until after I have examined you and determined your progress and readiness. I generally do not allow driving for at least 2 weeks (see further instructions per augmentation method).

### **Follow-Up:**

We schedule to see you back no later than 1 week after surgery for your first follow-up appointment in my **Orange County plastic surgery** office.

### **Recovery Time:**

Patience is key with recovery. Patients have different procedures and different healing processes, so recovery times will vary. The extent and complexity of your procedure will correlate with your recovery time. After the procedure, we will again discuss with you, and your loved one or friend, the specific do's and don'ts for your ideal recovery. You shouldn't expect that you will bounce back right away after undergoing a procedure such as this. We will continue to monitor your progress, symptoms, sutures as they dissolve over time, and associated overall health at regular intervals to make sure your healing is going as planned. Be gentle with your surgical sites and your self-care for the next several weeks and months as you recover and your implants or grafted fat settle into their intended final position.

### **RECOVERY INFORMATION IS SIMILAR FOR BOTH METHODS USED IN A BRAZILIAN BUTT LIFT.**

As a part of either method, we liposuctioned your own fat/tissue from an area of excess and injected it into the appropriate area of the gluteal region (liposculpture) to create the desired fullness or "lift." For this reason, you will awake to find that we have placed compression garments over your liposuctioned areas, and you should also follow care instructions for liposuction (please refer to our Liposuction Recovery page).

Achieving a successful outcome post-surgically depends on your commitment to following my instructions. Your personalized augmentation/lift will contribute to determining your anticipated length of hospital stay (if needed), your post-operative recovery time, your activity restrictions, etc. It is important for you to wear a support garment 24/7 post-op in order to help the skin to heal and to achieve even compression and support to the treated areas; doing so likely will aid you to feel more comfortable and reassured (see further instructions per augmentation method). Depending on various factors, I may advise you to also wear other, similar garments to aid your recovery. To ensure our intended results and a healthy recovery, you will also need to follow specific instructions that apply to the particular augmentation method we used:

#### **With Implants:**

Wearing your support garment: Continuously for 2-3 weeks immediately after your procedure.

Return to Job: 2-3 weeks after surgery, and must sit on a pillow to avoid direct pressure on buttocks.

Driving: Sitting on a pillow, you probably can drive after 3 weeks.

Return to Normal Activities: Most patients return to normal activities, except strenuous exercise, after 4-6 weeks while avoiding anything that may pose a risk or damage to the buttock region.

Exercise: After 3 weeks you may do only stretching exercises. After 8-10 weeks you may resume normal exercises so long as you have no wound complications (otherwise, wait 3-4 months).

Final Results: Minus most of the normal swelling, your implants should be settled in the anticipated position and your final results visible at 3 months post-op.

#### **Without Implants (Fat Grafting Only):**

Wearing your support garment: Continuously for 6-8 weeks immediately after your procedure.

Massage: We have found that obtaining a lymphatic massage from a licensed massage therapist can benefit your recovery.

Driving & Return to Job: At about 2 weeks, sitting on a pillow; otherwise, I will advise based on the physical demands of your job, your recovery progress, and your comfort level.

Exercise: Avoid excessive motion to and pressure/force on the buttocks that could cause the incisions to open, seep, etc. Patients generally resume exercise after 6-8 weeks.

After either augmentation method, you will be impressed with the enhanced contour right away! Even though you will be excited to show off your results, you would be wise to refrain from buying new clothes until after the first 3 months while your buttocks are doing the bulk of the initial healing, changing, and reshaping. The final contour of your **Brazilian Butt Lift in Orange County** will usually continue to improve as the collagen and scar within the operated area mature during the phases of wound healing over the next 6-12 months.

You likely will be thrilled by feeling that your natural-looking contours match those of the Brazilian women after whom the procedure was named. We at SSK will share in your satisfaction with results that meet your goals and, with proper care, should be long-lasting.

#### **GENERAL ADDITIONAL RECOVERY INFORMATION:**

##### **Pain, Soreness, Numbness, Stiffness:**

We often control pain easily with oral medications, especially in the first week. You can expect numbness or tingling around your incisions that should decrease and may or may not resolve, depending on your pre-surgical level of sensitivity and what procedure you've had done. Deep pressure sensation recovers more easily than fine-point discrimination. Minor stiffness at the site can be normal for a few days.

##### **Swelling, Bruising, Redness, Seepage:**

Through meticulous technique and gentle tissue handling, our goal has been to create minimal, if any, bruising, swelling, and discomfort. Certain other factors determine how much bruising takes place, such as the complexity or amount of surgery, the surgical sites (areas with thinner skin bruise more easily than thick areas), and your genetics (if you bruise more easily than your friends, you might bruise more than they do with surgery). Inflammation and swelling is normal in healing and varies in duration, depending on your procedure(s). Normal bruising may spread beyond the buttocks to your abdomen and thighs. On average, for most procedures that we perform, patients are presentable from a few days to about two weeks. Results are aided by the consistent use of a high-level sunblock (at least 30 SPF). A little redness around your incision can be normal during the first week.

##### **Sutures/Incisions, Scarring:**

Please take special care of your exterior incisions and all involved healing tissues (liposuctioned areas and gluteal area). Most of your sutures are dissolvable and working on the inside, helping to support your closure over 2-6 months; to seal the skin edges we use either skin glue or sterri-strips (fine skin tape applied over incisions), which usually fall off on their own. Most plastic surgery closures are designed to be tension free and to prevent unsightly scars that widen by performing layered closures. On outside layers, these are normally placed into natural skin folds

and creases, or in other locations where they are best concealed. Avoid scratching your incisions, especially if they itch. The deeper-layer sutures that I use do not need to be taken out because they are absorbable and support your wound for 2-6 months, during the most-critical phases of wound remodeling. External sutures on the body are usually removed in 10-14 days. Avoid excessive motion to and pressure/force on the buttocks that could cause the incisions to open, seep, etc. Don't be unduly concerned about scarring; it usually fades over time.

**When to Call Us:**

Call us without undue delay if you see a fiery redness, seepage/pus, or pulled stitches, if you lose sensation in the surgical area, and if you have allergic reactions or other unusual symptoms, especially with intense and long-lasting pain.

I would be honored to have earned your trust and your approval in compassionate, skilled care--before, during, and after the best **Brazilian Butt Lift Orange County** has to offer. Please enjoy your natural-looking improved shape, your more-proportionate appearance in your clothes, and feeling complete and more confident. As your **Orange County Plastic Surgeon**, my goals are always to place your safety, satisfaction, and care as my top priority to help in rendering a better quality of life for you.

**After You Recover:**

To maximize your safety and your attractive, healthy outcome, please remember to follow through on prescribed periodic evaluations with me, as your **Orange County Plastic Surgeon**.. Call us at 949-515-7874 when you need us—before, during, and after your procedure, especially if you notice unexpected changes or pain. Remember: You're a member of our extended family of patients and welcome whether just to say hi or to have questions answered.