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Plastic and Reconstructive Surgery
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Pre and Post-Operative Instructions

Liposuction with Fat Transfer Buttocks / Brazilian Butt Lift

Pre-operative Instructions

24 hours before :

- Pick up prescription for pain from office or be sure it has been scripted
- Purchase CoQ10 100mg, Ester C 1000mg, Vit. E 400mg, and Vit. A 10,000 IU to be taken once a day. Bromelain to be taken 3 times a day between meals
- Purchase Pericolace or Ducolax stool softener and laxative
- Fill prescription for pain
- Do not eat or drink anything after 12 midnight.**
- Purchase soft ice packs and place in freezer.
- Purchase and put protective bedding like chux or a plastic shower curtain on bed before leaving for surgery.
- Purchase absorbant pads or feminine pads to use under garment for first 48-72 hours
- Purchase BBL pillow and set up director's chair

Day of Surgery

- Have someone drive you to the hospital
- Have someone pick you up from the hospital
- Protect the back seat as you will have to lay down in the back
- Have someone stay with you the first 24 hours.

Post-operative Instructions

Positioning- This is very important. Do not lay on your back or sit on your buttocks for at least 10 days. Remember this creates pressure and may cause you to compromise the circulation to the fat that was just transferred there. You should not sit for prolonged periods(2 hours) for the next 3 weeks. This allows the fat to regain its blood supply from the surrounding fat's blood supply.

Diet

Start with liquid- water, Sprite, Coke, then progress to crackers, then soft diet and finally a regular diet. Drink plenty of fluid to replace the volume of blood lost during surgery, in order that you don't feel dizzy when you stand up. Your body will gradually rebuild this supply. Remember that a high sugar diet adds to inflammation and pain. Try to avoid this excessively. Start taking your vitamin supplements as soon as you are tolerating food. These will help in wound healing and scar formation.

Breathing

Take deep breaths every hour and cough. Good oxygenation is vital to wound healing and prevention of pneumonia and atelectasis.

Pain Control

Use the narcotic medication prescribed by the doctor every 4-6 hrs. Though the prescription says every four hours as needed for pain, you can take it with the Ibuprofen and extend the duration of pain relief. For many patients, narcotic medications may not be necessary at all. Remember that narcotic medications can also cause constipation which can increase abdominal pressure. Be sure you are taking your Pericolace or Dicolax daily to prevent this as long as you are taking narcotics. The sooner you can stop taking the narcotic analgesic the better. Ibuprofen, up to 800mg three times a day, may be utilized for up to 10days, often giving adequate pain relief. Ice packs are helpful in decreasing swelling and discomfort. Use them for 15min at a time at least hourly. Avoid exposure for longer than 15min.at a time to minimize chances of frostbite.

Do not use heat

Bathing

You can sponge bathe for the first 24 hours. After that, feel free to shower with assistance. Sometimes, after liposuctions exceeding 2500cc, heat of showering can cause vasodilation and sudden drop in blood pressure. Always remember to keep the incision site dry after showering until healed. After the skin is completely healed you can feel free to take a bath remembering the 10 day no sitting rule.

Warning signs

Fever, leg pain, sudden shortness of breath, chest pain, increased redness of the skin, all warrant a call to the doctor. Have your local pharmacy number on hand when you call so he can call in a prescription if he needs to. Should you have any other concerns during your post-operative period, please call so we can discuss them.

Next Appointment -Call the day after surgery to schedule a follow-up appointment within 7-10 days.

I have received 2 pages of instructions and understand the directions as stated here.

(Signature)

(Date)