

NADIA P. BLANCHET, M.D.

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DISCHARGE INSTRUCTIONS AFTER A BUTTOCK LIFT

- You may shower after a week whether the drains are in or out. The stitches can get wet; just pat them dry. Do not soak in a tub for 8 weeks or until you are completely healed.
- You can do upper body exercises or walking any time that you feel up to it, and I encourage you to walk a little bit every day. But you should minimize sitting as much as is reasonable for 6 weeks after the surgery to make sure that the healing is complete with NO strenuous exercise for 2 weeks after surgery or you may bleed.
- You will wear your compression garment (panty girdle) for about one month after surgery, and this should be worn at night as well. This helps with the swelling and discomfort.
- You may initially feel after surgery as if you can't sit easily, and that is possibly true! This is just a response to the tightness of the closure and is completely normal, but please do try to pay attention to this discomfort and use it as a guide as to how much sitting you should do.
- Please do not take your medication on an empty stomach as this can cause dizziness and nausea. In addition to this, be aware that all pain medication can cause constipation. You may take any over-the-counter laxative or stool softener (Colace) you like for this problem.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Please avoid ASPIRIN substances or any of the medications listed on your pre-op sheet for 2 weeks after your surgery as this will increase your risk of bruising and poor healing.
- If you have steri-strips, please leave these on until they are dangling by a thread.
- You may find when you get home that you have gained weight and feel bloated after surgery. This is simply from IV fluid and will resolve in about 2 weeks.
- For three to six weeks post-op, it is normal for the operative area to be puffed and swollen.
- Please do not apply any cream or lotion on your incisions until advised by the doctor.

- Please avoid using a heating pad near the incision, as blistering may occur.
- **Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking for at least one month pre-op and one month post-op. Dr. Blanchet will advise you when you can resume smoking, if necessary.**

PLEASE FEEL COMFORTABLE TO CALL OUR OFFICE IF YOU HAVE ANY CONCERNS OR QUESTIONS. AFTER HOURS OR ON WEEKENDS, YOU CAN REACH THE DOCTOR BY CALLING 320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**