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Brazilian Butt Lift: Follow up appointment schedule and general care instructions

Post Op Appointments : 1 day, 1 week, 3 weeks, 3 months

Week 1: Day 1-6 post op

Day 1- first office visit

Rest, **do not sit or lie directly on your buttocks**. Use BBL pillow if sitting is necessary

Keep incisions clean and covered, apply antibiotic ointment and sterile dressing as directed

Clean incisions with gentle antiseptic wash or as prescribed

Wear compression garment 24/7 (except when showering)

Sleep on belly or side

Post op day 1-3 begin body contouring post op care***

Week 2: Day 7-20

Day 7- second office visit

Light activity - walking

No sitting or laying on buttocks , use BBL pillow if necessary

Continue gentle cleaning

Start using scar treatments if incisions are fully closed

Light exercise - no sitting

Continue lymphatic drainage massage to reduce swelling and fibrosis

Week 3-4

Week 3- third office visit

Light activities- walking, cooking, standing tasks

Short sits without pillow after week 3

Avoid driving unless cleared

Continue scar regimen

Continue wearing garment 12-24 hours/day depending on surgeon's direction

Week 5-6

Can sit briefly without a pillow

Cardio - walking, elliptical, etc

Avoid high impact or glute focused workouts

Continue scar fading treatments

Discontinue garment after week 6

Week 7-12

3 months- fourth office visit, photos taken at this visit

Can resume most workouts (except intense glute training)

Sitting normally for longer periods is allowed (still avoid excessive pressure)

Continue scar care



BBL General Care Instructions - expanded

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you may feel weak and drowsy. You may require help the first few times you get out of bed. You **MUST** get out of bed ever 2-3 hours and walk

It is important to be walking early and frequently, move your legs and ankles when in bed. Please don't cross your legs as this can increase the risk of blood clots. Please take deep breaths frequently to keep your lungs clear (15-20 per hour).

Do not smoke. This is very important.

A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or Jell- O. You may start a regular diet the next day.

Most people experience muscle soreness as opposed to sharp pains for about 5-7 days after surgery. Many patients say that the pain equivalent is similar to having an extremely hard work out and/ or skin sunburn. The pain is not sharp but more of an ache. The pain mediation we have prescribed should relieve your discomfort. You may take the pain medication every 3-4 hours as needed for the first 2-3 days after surgery for the pain and discomfort. You may take the Xanax every 8 hours for the first 24-48 hours for anxiety, It is best to take pain medication with crackers, Jell-O, etc. Do not drink alcohol while taking pain medication.

The support garment must be worn at all times for 6 weeks. You may remove it only to wash it or to shower, Showering can be resumed on the third day. Be sure that someone helps you remove the support garment the first time you take it off. Some people feel dizzy or light headed when it first comes off and this is normal. Sit or lay down for about 20 minutes.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months that has both UVA and UVB protection.

The body retains fluids in response to surgery so do not expect to see any immediate changes for the first 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than a decrease in pounds.

Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3-4 months afterwards. The bruises will move down your body as they are absorbed.

It is normal to have an itching sensation and/ or numbness following surgery in the areas that underwent body contouring/BBL surgery. This will gradually subside over the next 2-3 months.

Massage therapy including lymphatic drainage and cavitation therapy can be beneficial following BBL surgery beginning 2-3 days after your procedure. Suggested therapy is 2-4 times per week for 3-4 weeks. This allows for enhanced lymph drainage and for enhanced resolution of the swelling associated with surgery.



Body Contouring Post Op Care

It is strongly suggested that all patients who have undergone body contouring procedures which include: Tummy Tuck (abdominoplasty), Lipo-Sculpture (liposuction), Brazilian Butt Lift, Thigh-lift and Arm-lift or any combination of these enroll and receive our recommended Lymphatic massage, Cavitation and/or Ultra-Sound therapy treatments specific for your surgery.

Lymphatic Drainage Massage / Drainage Therapy

First two weeks post-op

Lymphatic massages begin within the first 2-3 days after most body contouring procedures.

Lymphatic drainage massage, also known as manual lymphatic drainage, relieves swelling that happens when a medical treatment such as surgery blocks your lymphatic system. This can result in swelling, induration and fluid retention in these areas.

Manual lymphatic drainage is a type of massage that will encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. The lymphatic system is 'the body's cleaning service'. It consists of vessels, nodes, and organs that work together to facilitate the proper flow of lymph, remove waste products from it, and direct the waste products to organs that are responsible for flushing them out of the body. If the lymphatic system is not working properly, lymphatic fluid, serum and toxins can build up in your tissues.

Lymphatic drainage massage involves gently manipulating specific areas of your body that have been contoured with surgery to help lymph move to an area with working lymph vessels. A lymphatic drainage massage is a technique that involves the use of long, gentle, and rhythmic strokes aimed at restoring the lymphatic system's optimal function that results in decreased discomfort, swelling and induration (hardening).

Lymphatic massage will help you achieve a smoother, less 'lumpy' result. 10-12 sessions are recommended

\$150 per individual session

10 session package \$1250

**You can receive up to 20% off if you have a Skin Pros skin care membership



Cavitation Therapy

Starting week 3 (post op day 15)

We typically recommend a minimum of 4 sessions - maximum of 10 sessions

Cavitation therapy can begin in as little as 15 days after surgery. This will allow the lymphatic system to properly heal after surgery prior to beginning your cavitation treatments.

The 'cavitation effect' can help to soften indurated (hardened areas) and break down scar tissue and adhesions. It also helps to increase blood flow and the release of pain-relieving chemicals, such as endorphins and serotonin.

It has also been shown to be an effective non-surgical method of reducing cellulite and localized fat. This procedure involves applying pressure on fat cells through ultrasonic vibrations. The pressure is high enough to make the fat cells break down into a liquid form. The body can then get rid of it as waste through your urine.

The application of low frequency ultrasound eliminates fat cells, improves induration and reduces serum collections without damaging surrounding tissues. It gently breaks down fat cell membranes, allowing the release of its contents. Fats are then released by the body's lymphatic system.

Depending on the area being treated, 6- 8 sessions may be required to achieve optimal results.

Large area: abdomen - upper/lower, abdomen & flanks Inner/outer thighs, full back
\$275 per large area

Package of 4- \$1,000

Package of 8- \$2,000 plus one complimentary treatment with purchase of the package.

Medium area: Flanks, flanks & bra fat, upper arms

\$200 Per medium area

Package of 4- \$700

Package of 8- \$1,400 plus one complimentary treatment with purchase of package.

Small area: Lower face - Chin, Jawline, neck, forehead

\$125 Per area**

Package of 4 -\$450 **

Package of 8 -\$900 plus one complimentary treatment with purchase of package. ***

- We recommend that you have a minimum one treatment per week.
- For optimal results, we recommend you receive two treatments per week for four weeks.
- All appointments must be scheduled consecutively.
- For Best results, minimize intake of Simple Sugars & carbohydrates. Incorporating a 'clean diet' would be ideal to enhance your results. Drinking 2-4 glasses of water before the end of each treatment is recommended. Minimizing alcohol consumption until all treatments are completed will improve results as well.

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