



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

Buttock Augmentation

Pre/Post Operative Instructions

Important Information from Dr. Rohit Jaiswal, MD
at DrSkin Plastic Surgery, Regenerative & Medical Spa



Congratulations!

Congratulations on successfully undergoing your surgery! This document has been meticulously crafted to guide you through the post-operative process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Jaiswal and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.

Before Surgery

Please stop taking the following two weeks before surgery: Aspirin, Ibuprofen, Aleve, Fish Oil, Red Wine, Multi-Vitamins and/or Vitamin E.

If you take blood pressure or diabetes medications, continue these as normal.

No smoking or vaping for 4 weeks prior to surgery.

Please use Hibiclens body wash for 5 days prior to surgery and use Mupirocin ointment 5 days prior to surgery.

Day of Surgery

Please arrive at the instructed time and facility.

Only take medications in the morning approved by your anesthesiologist.

Do not eat or drink anything after 11 pm the night before your surgery

After Surgery

Take medications as directed.

No pressure on the buttocks for 3 weeks.

Have your faja, massages, and pillows ready.

Hyperbaric oxygen treatments are highly recommended both before and after surgery.



🕒 POST OPERATIVE TIMELINE

- **0-7 days:** Expect significant swelling and some mild bruising. There will be significant drainage, this is intentional. Start getting massages and wearing your faja. No pressure on buttocks.
- **1-2 weeks:** Drainage should stop and drains are removed. Continue frequent massages. Still no pressure on buttocks. Wear faja and compression foam 24/7. Ok to return to work, in general.
- **4 weeks:** Swelling should continue to improve. Frequency of massages can be decreased. Ok to start sitting on your buttocks.
- **1-3 months:** Switch into a waist trainer. Massages as much as you can reasonably do are recommended. If you have implants they should be settling. Start utilizing a nutritionist for long term diet help. Start going to the gym consistently, it is strongly recommended to hire a personal trainer to help you get to your goals.
- **3-12 months:** Final results will become apparent. Implants will settle into final position. Stop waist trainer usage. Consistently exercise and follow your long term diet plan.

🛡️ MEDICATIONS

You will be prescribed medications as part of your post-operative care. It is essential that you obtain these medications prior to your surgery. Once acquired, please take a photo of your medications and send it to us to confirm that you have received all the necessary prescriptions.

Post-operative care is a critical component in facilitating the smoothest and most successful recovery. For this reason, it is crucial that you adhere carefully to the following instructions:

• **Avoid:** Aspirin, Ibuprofen, Benadryl, all supplements until cleared by Dr. Jaiswal.

• **Activity restrictions:** No pressure on the buttocks for at least 3 weeks. No exercise for 2 months.

• **Sleeping:** You must sleep on your stomach or on a specialized BBL bed/mattress.

• **Compression garments:** These will need to be worn in some way for 6 months. Fajas may be worn for the first 1-3 months and then a waist trainer is recommended. Foam pads are essential for getting the skin to shrink properly.

• **Massages** should be done 3 times per week for the first month, at least. Hiring a nutritionist and personal trainer is strongly recommended.

• **Expectation:** It can take 6 months (or longer) to see the final results. Implants will take 6 months to reach final position. Final fat take will be known at 6 months as well.

• **Being reasonable:** Surgery is meant to create an improvement, NOT perfection! There may be small areas after healing you wish looked a little better this is NORMAL. Everyone has imperfections, even after surgery. You can choose to focus on the improvement or choose to focus on what you wish was different, what you focus on will determine your satisfaction.

• **Happiness:** Surgery, or changing your appearance, won't make you happy by itself. While improving your appearance can make you more confident, it is not meant to perform a psychological makeover. Happiness comes from choice and gratitude. Being able to afford and undergo plastic surgery is a luxury billions of people around the world do not have. Understand this and have gratitude you are fortunate enough to get a procedure done!



IMPORTANT SUPPLEMENTS

Protein

Why should I take this supplement? Protein is necessary for healing. Having an open wound and/or undergoing surgery increases your protein requirements.

Side effects: Avoid if you have kidney disease or are on dialysis.

Glutamine and Arginine

Why should I take this supplement? Glutamine and Arginine are amino-acids which help with wound healing.

Side effects: Common side effects include gastrointestinal issues. Arginine should be avoided in patients with low blood pressure.

Vitamins and Minerals

Why should I take this supplement? Certain vitamins and minerals help wound healing. Surgery can increase how much you need and they can be used to improve wound healing.

Vitamin A

Side effects: Patients with abnormal liver function or malnutrition can accumulate leading to side effects. Side effects include dry mucous membranes, vomiting, headache, muscle or bone pain, and hair loss.

Vitamin C

Side effects: This is relatively well tolerated except in patients with a history of kidney stones. Common side effects are gastrointestinal issues.

Vitamin D

Side effects: In patients with a history of kidney stones, Vitamin D can result in an increased risk.

Zinc

Side effects: Common side effects are gastrointestinal issues.

Omega-3 fatty acids

Why should I take this supplement? Omega 3 fatty acids can help with wound healing, inflammation and preventing infection.

Side effects: Common side effects include gastrointestinal issues.

Probiotics

Why should I take this supplement? Your body's natural intestinal flora serves a wide range of functions including immunity, healing, and nutrition. Surgery and especially antibiotics can alter the normal function of your intestines leading to poor healing immunity, nutrition, and motility.

Side effects: Common side effects are bloating and diarrhea.

Homeopathic Therapies

Curcumin- a natural compound found in turmeric, a spice. Why should I take this supplement? This supplement is an anti-oxidant that can help wound healing and prevent infection.

Side effects: None known

Arnica- extracted from Arnica montana, a plant that grows in the Swiss Alps. Why should I take this supplement? This supplement can decrease bruising and swelling.

Side effects: None known

Bromelain- an enzyme found in pineapples. Why should I take this supplement? This supplement can decrease bruising, swelling, and sometimes pain.

Side effects: None known



Dr. Rohit Jaiswal, MD



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MEDICATION TO AVOID 2 week before and 2 weeks after surgery

A

Advil
Aleve
Alka Seltzer
Anacin
Anexsia
Anodynos
APC
Arthritis Pain Formula Ascriptin
Aspergum Asphal Aspirin B-A

B

Bayer
Bayer Decongestant Bayer Timed Release BC Tablets
Buaa-A Compound #3 Bufferin

C

Cama
Campron Capsules Cogespirin
Cope
Coricidin

D

Damason
Darvon
Dolcin
Dolene Compound Dolor
Duradyne
Duragesic

E

Ecotrin
Empirin
Equagesic
Excedrin

F

Feldene
Fiorinal
Fizri Powder Gemnisyn

I

Ibuprofen

M

Measurin
Meprogesic
Midol
Mobic
Momentum
Motrin

N

Naprosyn
Nilain
Norgesic Novahistine

P

Pabirin
PAC
Panodynes Percodan
Persistin

Q

Quiet World Tablets

R

Relafen
Robaxisal Sal-Fayne Stanback
Tablets Stanco

S

Super Anahist Synalgos Talwin
Traminicin Trigesic Vanquish
Viromed

W

Way Cold Tablets Zactirin



PRODUCTS TO AVOID 2 weeks before and 2 weeks after surgery

- Alcohol (ok in moderation only)
- Chinese herbs
- Dried Leech Extract
- Echinacea
- Garlic (ok in food but don't take capsules)
- Ginger (ok in food but don't take capsules)
- Gingko (watch out for at juice bars as "memory enhancer" additive and Ginseng
- Protein Powders containing Vitamin E
- Omega Fish Oil
- Red Wine
- St John's Wort
- Vitamin E (ok in Multiple Vitamin, but don't take extra)

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