Buttock Augmentation – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for buttock augmentation surgery. For complete instructions—including specific timelines, medication details, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

### **What to Expect**

Buttock augmentation is performed under general anesthesia and is an outpatient procedure. Recovery often includes mobility restrictions, swelling, and changes in sitting and sleeping positions. Final results become visible once swelling subsides, typically within 3–6 months.

### **Key Pre-Operative Guidelines (Summary)**

**Fasting:** No food or drink (including water, mints, or gum) for 8 hours prior to surgery.  
 **Transportation:** A responsible adult must drive you home and remain with you overnight. Rideshare services are not permitted.  
 **Medications:** Discontinue aspirin, NSAIDs, and blood-thinning supplements as directed (typically 2–3 weeks prior).  
 **Lifestyle Adjustments:** Cease smoking and limit alcohol intake in the weeks leading up to surgery. These steps reduce complications and support healing.

**Day of Surgery:**

* Shower the night before or morning of surgery.
* Do not apply lotions, deodorant, or makeup.
* Wear loose, front-opening clothing and bottoms that don’t put pressure on the surgical area.

**Suggested Supplies:**

* Tylenol (acetaminophen)
* No-slip socks
* ABD pads or chucks
* Compression garments
* BBL pillow (for sitting support)

### **Key Post-Operative Guidelines (Summary)**

**Pain Management:** Use Tylenol (acetaminophen) as directed. Narcotic pain medication and anti-nausea medication may be prescribed.  
**Antibiotics:** Complete the full course, even if symptoms improve.  
**Mobility:** Begin gentle walking the day after surgery to promote circulation and reduce the risk of blood clots.  
**Sitting:** Avoid sitting directly on the buttocks for 6 weeks. Use a BBL pillow or cushions to reduce pressure.  
**Support Garments:** Wear a compression garment 24/7 for 4–6 weeks. Ensure it is snug but not overly tight.  
**Massage (Optional):** Some patients benefit from gentle massage or lymphatic drainage. Speak with your surgeon before starting.  
**Showering:** You may shower with assistance the day after surgery unless instructed otherwise.  
**Swimming & Baths:** Avoid hot tubs, swimming, and soaking until your incisions are fully healed and your surgeon clears you (typically 2–4 weeks).  
**Sensory Changes:** Temporary numbness or tingling is common and typically resolves over time.

### **Recovery Expectations**

**Swelling & Bruising:** Expected, especially around the buttocks and fat harvest areas. May persist for several weeks.  
 **Discomfort:** Pain, stiffness, and soreness are normal during early recovery.  
 **Asymmetry:** Temporary unevenness in shape or swelling is normal and will improve over time.  
 **Final Results:** Become visible around 3–6 months once swelling subsides and tissue settles.

**Healing Timeline:**

* 2–4 Weeks: Initial healing and swelling reduction
* 6 Weeks: May resume light exercise and daily activities
* 3–6 Months: Full results typically visible

### **Follow-Up and Support**

**Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.

**Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.

**Ongoing Communication:**

* + For non-urgent questions, please email clinicalrn@drshimching.com.
  + For urgent matters, contact the office directly from 9am – 5pm at (808) 585-8855.
  + For urgent matters that occur after hours, please use the physician exchange at (808) 524-2575.

**Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

### **Download Complete Instructions**

For full details on medication guidelines, wound care, sitting precautions, and recovery milestones, please download the document below:

**[Download Buttock Augmentation Pre & Post-Operative Instructions (PDF)]**