

Buttock Augmentation

Pre & Post Operative Instructions

Preparing for a General Anesthesia Procedure

General Anesthesia: This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.

- **Instructions:** Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
- **Post-Surgery Transportation:** It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - **Why?:** After surgery, especially with general anesthesia, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

Shopping List

- **Tylenol (Acetaminophen):** Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS (such as Ibuprofen & others).
- **No-Slip Socks:** These are recommended to help prevent accidental falls and ensure safe mobility within your home.
- **ABD / Chuck pads:** Can be found at pharmacies, Target, and Wal-Mart

Pre-Operative Instructions

Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: Preoperative Instructions for Your Upcoming Surgery &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.
- **ADD / ADHD medications** are to be avoided the day before surgery.
- **Contrave (Naltrexone-containing meds):** Patient must consult with the prescribing physician about when & how to stop this medication prior to surgery.
- **Weight Loss Meds (Ozempic, Wegovy, Semaglutide, ect.), & Biotin.:** are to be stopped 2 weeks prior to surgery.
- **Illicit Drug Use:** Please be honest about any illicit drug use during the preoperative assessment. Your safety is our priority and accurate medical information is crucial for planning a safe and effective surgical procedure.
 - Illicit drug use can have significant interactions with anesthesia and other medications administered during surgery, potentially leading to complications.
 - **Examples of the most important substances to mention include:**
 - Cocaine & Meth.

Consultation Is Key: If you are taking any of the above medications or supplements for chronic conditions, do not stop them without first consulting with the physician who prescribed them and your surgeon.

Together, you will develop a safe plan tailored to your health needs and surgical procedure.

4 Weeks Before Surgery

- **Reducing/Stopping Smoking:** We strongly recommend reducing or ideally stopping smoking (including e-cigarettes with nicotine) for 4 weeks before and after your surgery.
 - **Why?:** Smoking can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in smoking is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.
 - **Why?:** Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- **Shower or Bath:** On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - **Avoid Applying Products:** Do not apply any lotions, perfumes, or other products to your skin after bathing.
- **Medications:**
 - **Blood Pressure Medications:**
 - Take your blood pressure medication as usual, including the day of surgery. On the day of surgery, take it with only a small sip of water.
 - **Diabetes Medications:**
 - **DO NOT** take any oral and/or injectable diabetic meds the night before or the morning of surgery.
 - Only take medications approved or prescribed by your surgeon with a small sip of water.
- **Fasting:** Adhere to the fasting instructions provided by your surgical team. This means no eating or drinking, including water, for 8 hours before your surgery. Check your paperwork or email our office for further guidance, if needed. This information will be on the 1st page of this document.

- **Shaving:** If shaving is necessary in the area to be operated on, please do so 3 days prior to your surgery date. Shaving closer to your surgery date, including the day before or the day of, is not advised as it can increase the risk of surgical site infections.
- **Jewelry and Valuables:** Remove all jewelry and refrain from bringing valuables to the clinic, including piercings from the neck up. We cannot take responsibility for lost items.
- **Makeup and Skincare Products:** DO NOT wear any makeup or apply skincare products on the day of your surgery.
- **Clothing:** Choose loose, comfortable clothing that doesn't need to be pulled over your head or places pressure on the treated areas. A button-up or zip-front top is ideal after surgery, along with loose-fitting bottoms that won't compress your buttocks.
- **Communicating Questions or Concerns:** If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.

Post-Operative Instructions

The Night of Surgery

- **Sleep:** You must sleep on your stomach for at least 2-4 weeks after your surgery. Putting a few pillows under your pelvis to allow your hips to be flexed may help with further comfort.
- **Movement is Important:** Make sure you are up and walking around immediately after your surgery. This helps prevent Deep Vein Thrombosis (DVT), a condition where blood clots form in the veins, usually in the legs. Regular movement improves blood circulation and reduces the risk of clots. Start with gentle walks around your home and gradually increase activity as recommended by your surgeon.

Medications

1. **Tylenol (Acetaminophen):**
 - **Pain Relief:** Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. **Narcotic Pain Medication:**
 - **Prescription Medication:** If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
 - **Preventing Constipation:** You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. **Zofran (Ondansetron):**
 - **Nausea Prevention:** Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. **Antibiotics:**
 - **Infection Prevention:** If you've been prescribed antibiotics, it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.
5. **Sinnech (Arnica Montana):**
 - **Reducing Swelling and Bruising:** Sinnech is a homeopathic Arnica montana regimen that you'll take to help reduce swelling and bruising. This can

potentially speed up your recovery process. Please follow the specific dosage instructions provided.

Nutrition

- **Hydration:** Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.
- **Meal Approach:** If you have a reduced appetite, eat small, frequent meals.

Activity

- **Physical Activity:** Normal daily activity can be resumed a few days after surgery. Avoid lifting more than 5lbs, bending, straining, or intense cardio activity for the first 2 weeks.
- **Sitting:** is to be absolutely avoided for 6 weeks after your buttock augmentation. It is advised to use an extra cushion when sitting (a soft pillow, doughnut cushion, rolled up blanket under your hips, etc.). This will help disperse and minimize direct pressure on the grafted site. Avoid sitting for extended periods of time.
- **Exercise:** You can resume light walking within the first few days. Avoid intense exercises, especially those targeting the gluteal area, for 6-8 weeks, as they could interfere with the fat grafting process.
- **Compression Garment:** A compression garment must be worn 24 hours a day for 4-6 weeks following your buttock augmentation surgery. The garment should fit snug but not too tight on the buttocks area. This will help minimize swelling and help in contouring the body.
 - It is helpful to have at least 2 garments so that you can wear one while the other one is being washed.
- **Massage:** Gently massage the liposuction areas to help with swelling and improve circulation as part of your recovery. It may feel unusual initially, but it will become more comfortable as you heal.
 - For optimal recovery, you may want to schedule lymphatic drainage massages with our specialist to reduce swelling and improve healing. These can be started after your initial post-operative check-up, once your surgeon clears you for massage.
- **Travel:** For flights or long car rides, use a BBL pillow to minimize pressure and take frequent walking breaks to prevent blood clots (DVT).
- **Return to work:** Most patients can return to work approximately 2-3 weeks after surgery, depending on their job responsibilities. If your job requires prolonged sitting or physical activity, it may be necessary to delay your return for up to 4-6 weeks. For desk jobs, consider using a BBL pillow to avoid sitting directly on your buttocks and take frequent

breaks to stand or walk. If possible, starting with a light or part-time schedule may be beneficial as you gradually ease back into your routine.

- o Please consult with your surgeon about the appropriate time to return to work based on your specific recovery progress.
- Sexual Intercourse: Sex can be resumed when you feel ready with no restrictions.

Bathing

- Showering: You may shower with assistance the day following surgery. Remove your garment and any compression foam or ABD (abdominal pads).
- Hot Tubs/Baths/Swimming Pools. No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

How to Care for Your Incisions

- Your surgical incisions have been covered with an ABD (abdominal) pad to protect them. Please follow these guidelines for pad care:
 - o Remove the ABD pad 24 hours after your surgery.
 - o Should the ABD pad become saturated before this time, carefully take it off and apply a fresh, sterile one.
 - o Please ensure that your surgical dressings remain clean and dry to promote proper healing.
- Stitches: All stitches are dissolvable.

What to Expect

- Drainage: Drainage can occur from the incision sites for the first 24-72 hours. The drainage will be blood tinged. You may use gauze or a light pad to reinforce post-op dressings if this occurs.
- Discomfort: Pain, stiffness, and soreness can be expected in the buttocks and areas of fat harvest while the body recovers.
- Bruising: You can expect to have bruises. The bruising can be impressive depending on the extent of liposuction and fat transfer performed. Most bruises will heal after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.

- **Results:** Keep in mind that not all transferred fat cells will survive and permanently integrate. The final outcome of your procedure will become more apparent after 3 to 6 months.
- **Swelling:** Swelling is to be expected for weeks and sometimes months. The swelling can improve with intermittent rest and compression garments. Exercise and physical activity can transiently worsen swelling but is encouraged.
- **Asymmetries:** Areas of the body may heal at different rates. This means that bruising, swelling, and discomfort may not be uniform and could be greater in some areas. Once the body has healed, these asymmetries will even out.
- **Itching:** Itching at the incision sites is normal for a few days. You may take Benadryl to help with this.
- **Sensory Changes in Skin:** You may notice numbness or tingling sensation around your incision sites and throughout the affected areas which is normal. You can expect a return of normal sensation after a few months.
- **Scarring:** Scars may take up to a year to fully heal. A topical silicone gel can be used if desired.

Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@drshimching.com	• General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Dr. Ching's Office: (808) 585-8855 Dr. Long's Office: (808) 439-8064 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	• Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	• Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.