

## **Liposuction with Fat Transfer to the Buttocks Post-Operative Instructions**

*If you are in need of immediate assistance after hours, please go to the nearest emergency room. For general questions or need assistance that cannot wait until the next business day, you may call the answering service and they will get in contact with Dr. Rodrigues.*

1. Please fill and pick up prescriptions and follow directions as prescribed by Dr. Rodrigues.
2. First post-operative appointments are usually made 7-10 days following surgery. Please call our office to schedule an appointment.
3. Compression garments should be worn at all times other than showering until your post-operative visit. Garments apply pressure to reduce swelling as well as contour the surgical site. Post-Operative garments are usually worn between 6-8 weeks depending on healing. Further instructions will be given by Dr. Rodrigues and/or his staff at additional follow up visits.
4. Following fat transfer to the buttocks it is important to not place direct pressure to the buttock area for 6-8 weeks post-operatively. Placing a rolled towel under the back of the thighs below the buttock area and leaning forward while sitting will allow the buttocks to sit up off of the seat and direct pressure to the thighs.
5. Showers are permitted 48 hours after surgery. Compression garments may be removed for showers, but should be applied after showering. Please be sure to dry the areas as well as possible. Garments may be put in the washing machine, but please do not place in the dryer as it may cause the garment to shrink. DO NOT immerse in bodies of water such as baths, swimming or hot tubs for 6 weeks following surgery. Bodies of water hold bacteria and can increase your risk of infection.
6. Application of ice packs to areas of liposuction can help for 24-48 hours post op. Please only use ice to the surgical site with intermittent duration of no more than 10 minutes at a time with 20 minutes of rest in between. Surgical sites are desensitized during the surgical process using local anesthetic. Excessive use of ice can cause burns to your skin. Please do not use heat.
7. Watch for bleeding, abnormal swelling, fever (temperature should be taken with a thermometer to determine a legitimate fever), chills, fainting, chest pain, or shortness of breath. If any of these should occur, contact Dr. Rodrigues.
8. No exercise or heavy exertion for three weeks. This causes bleeding and increased swelling.
9. DO NOT hold animals or allow animals to sleep with you for two weeks following surgery.
10. Smoking causes wound healing problems. It can cause significant breakdown of the incisions and also loss of skin. It is required for your own postoperative recovery that you do not smoke for two weeks following the surgery.
11. Do not get discouraged if you do not see the results you desire immediately. Each individual will heal at a different rate. It might take you more or less time than someone else to lose bruises and swelling. It may take as long as six months for all swelling to disappear, but you should notice the greatest results within eight weeks after surgery. Bruising and swelling also tend to follow gravity; the lower areas will show more swelling and bruising than upper body liposuction.

*Please Note: These instructions are to be followed as a general guideline. Dr. Rodrigues will discuss with you the exact instructions he wishes you to follow after your individual surgery. If you have any questions, concerns, or need clarification of instructions, please feel free to call our office.*