



Liposuction with Gluteal Fat Transfer

(BBL) Post-Operative Instructions

Immediately After Surgery

1. Your first post-operative appointment will be the day after your surgery.
2. The following visit will be scheduled with a surgeon within a week after your operation.
3. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
4. Maximum weight allowed to lift is 5 pounds for the next 6 weeks.
5. Do not take any aspirin-type products for 2 weeks after surgery. ONLY use the pain medication prescribed by the surgeon.
6. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
7. You are only allowed to take a single multivitamin a day.
8. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
9. You should rest quietly and comfortably for the first 24 hours after surgery.
10. Please limit ALL activities for the first week following your procedure.
11. **YET! YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed at least 5 times a day and walk.
12. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days followed by regular diet.
13. Showering:
 - a. Start showering 24 hours after surgery and do so once a day.
 - b. You are only allowed to shower for the first 30 days after surgery.
 - c. You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until one month after surgery.
14. Your drain (Jackson-Pratt drain) needs to be emptied every 4 hours. Please squeeze the bulb after emptying it and then replace the cap. Any concerns please visit youtube and search for JP drain care

for a tutorial. The drain will be removed within 5 days after surgery. It can be removed by any of the medical staff at our office.

15. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
16. **Please purchase Boiron Arnicare** to prevent bruising and facilitate the healing process, this can be purchased through Amazon or your nearest pharmacy.

Compression Garment Instructions

1. **The elastic compression garment should be worn AT ALL TIMES.** You can remove it only to shower once a day and then replace it as quickly as possible.
 - a. You are allowed to shower starting 24 hours after surgery.
 - b. We recommend 2 garments so you can have a fresh/clean garment to wear while the soiled garment is being washed.
 - c. The compression garment must be worn 24/7 for the first 6 weeks after surgery.
 - d. After the first 6 weeks, it can be worn 12 hours per day for an additional 6 months.
 - e. The first 6 weeks you can use the foam inserts in the compression garment.
 - f. All garments can be discontinued at 6 months.

Sitting Instructions

1. You are NOT allowed to sit on your buttock for the first 2 weeks after surgery.
2. You must sleep on your belly (not on your sides) for 2 weeks. After the first 2 weeks you can sleep in any position that is comfortable for you.
3. You can sit with a BBL pillow starting after the first 2 weeks for a total of an additional 4 weeks.
4. At week 6 you can start to sit without the pillow for an hour at a time. After 1 hour stand-up and rest your buttock 10 minutes. Then sit back down.
5. At week 12 you can sit as long as you want and there are NO restrictions.

Long-Term Post-Operative Care

1. Do not drive for 5 days following surgery or until cleared to do so by your surgeon.
2. Massages are EXTREMELY important. You should plan to get 15 massages over the course of 30 days after surgery.
3. No smoking is allowed 4 weeks before and 4 weeks after surgery. Hopefully you do not smoke at all.
4. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
5. It is NORMAL to have bruising and swelling to the surgical area. This will gradually improve over several weeks.
6. It is normal to leak fluid and to wet your garment the first 3 days after surgery. The fluid can look bloody. Do not be alarmed.
7. If you experience any fever, shortness of breath, chest pain or unusual pain in the operated area you must notify the office immediately.
8. These instructions are not intended to cover every possible problem that could arise. Good judgement

on your part is essential for a good result.

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For **optimal scarring results** Dr. Zuriarrain recommends that you please purchase our **Silagen Scar Therapy System**, and begin using 2 weeks post operatively. Please ask one of our Staff members for more details.

Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take you temperature with a thermometer a clinically significant fever is a temperature of **102 degrees Fahrenheit or greater**.

In case of emergencies:

For any after-hour **emergencies** please call 786-804-1603 for immediate assistance. If you are experiencing a life-threatening emergency, please call 911.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

1. Baptist Hospital
8900 North Kendall
Miami, FL 33176
786-596-1960
2. South Miami Hospital
6200 SW 73 Street
South Miami, FL 33143
786-662-4000
3. Larkin Hospital
7031 SW 62nd Avenue
South Miami, FL 33143
(305) 284-7500