



Cosmetic Plastic
Surgery Institute

Buttocks Augmentation Postop Instructions

1. **Position:** For two weeks after surgery, you will have to sleep on your stomach. In order to avoid turning on your side or back, you may use a pillow on each side of you during sleep. Additionally, you will not be able to sit on a chair for two weeks following surgery. When using the bathroom, you will be asked to sit on your upper thighs just below the buttocks crease (infra-gluteal crease).
2. **Dressings:** At the end of surgery a buttocks compression garment will be applied. Underneath the garment, you will find a large clear dressing (Ioband) which acts to keep your buttocks cheeks centrally and avoid extraneous tension on your intergluteal incisions. Finally, you will find a drain tube and hanging bulb attached to your garment over each buttock.
3. **Sutures:** Sutures are usually internal and self absorbable. Instead, you will find a white tape, called a Steri-Strip applied to your incisions. These tapes will be kept in place for six weeks following surgery to optimize healing of surgical incision lines.
4. **Exposure to sunlight:** Sunlight will cause all surgical incisions to darken. Surgical incisions are darkest from two to three months, after which they will fade gradually over one to two years. As a result you should avoid sun tanning for the first six weeks following surgery.
5. **Drains:** You will find drain tubes exiting from each of your buttocks cheeks, which will be attached to bulbs. When the bulbs are compressed, they will create a vacuum suction, which will remove extraneous fluid from your surgically dissected buttocks pockets. You will be demonstrated how to monitor and care for your drains. Drains will be removed at 7 to 10 days or earlier if drainage is less than 25cc for 24-hour period.
6. **Showering:** You may not shower until your drains are removed. Thus, for the first 7 to 10 days expect to take sponge baths only. Once, your drains are removed, you will be allowed to shower removing your compression garment but keeping your Ioband in place. The Ioband will be removed at six weeks following surgery when your incisions have reached 80% of their healing potential. For the first six weeks following surgery, you should keep your garment in place only remove it temporarily to shower and/or wash the garment.
7. **Healing of sensory nerves:** When tolerable, tingling and burning indicate regrowth of the sensory nerves. If these sensations cause pain, gentle self-massage can help desensitize area of tenderness. If the pain gets progressively worse and intolerable, you should make sure you don't have an infection or blood accumulation called a hematoma; you should contact your doctor immediately.



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8. **Activities:** Any type of strenuous activity can induce swelling and bleeding, especially during the first 10-14 days after surgery. In general, guide your activities by your discomfort – that is, if an activity hurts, do not do it. **In general, you should avoid strenuous activities for at least 6 weeks following surgery.**

9. **Postoperative visits:** The doctor should examine you within the first week after surgery. At this visit, your doctor will make sure that your buttocks implants have not been displaced. You will return to your doctor at six weeks following surgery for him to remove the Ioband and Steri-Strip dressings and to obtain postoperative follow up photographs. At this time, you will also be released to return to full physical activity.

Pt Name: _____

Pt. Signature: _____

Date: _____