



# DR. COLIN MCINNES

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## PLASTIC SURGERY

### Brazilian Butt Lift – Post-Operative Instructions

#### Rest + Relaxation

- Sleep in the positions that were discussed prior to your surgery (chest only, chest and side only, or chest and back only) for 4-6 weeks.
- Avoid pressure on the areas where fat was placed.
- Cover your mattress with a plastic sheet (+mattress protector) as you may have fluid that leaks out of the surgical puncture sites for a few days. This fluid is often blood tinged and the amount will decrease over a few days.
- Sitting is permitted for short periods (less than 15 minutes) during the first 3 weeks after surgery. Preferably use a memory foam pillow (can order online).
- Wait 1 week before participating in physical activities that will increase your heart rate and blood pressure.

#### Important Note

***If you experience shortness of breath, difficulty breathing, chest pain, or red spots all over your body, please go your nearest hospital emergency or call 911.***

#### Washing

- Remove larger dressings 24 hours after surgery. Leave your steri-strips (white tape) in place for approximately 7-10 days. If they come off sooner that is okay.
- You can shower 24 hours after surgery unless you have drains in place. Wash gently with soap and water.
- Do not soak your surgical sites - no pools, hot tubs, lake or well water for 3-4 weeks.
- Dry surgical sites by gently patting with a clean towel, allowing to air dry, or carefully using a hair dryer.

#### Medication

- Anti-Pain medication can be taken after surgery.
- Resume regular medications unless otherwise stated.
- DO NOT take any herbal supplements/fish oil (or other oils) until 3 weeks after surgery.
- Take antibiotics as prescribed.
- Apply a non-irritating skin moisturizer to your incision line twice a day after the steri-strips are removed. Do this for 2 weeks.

#### Garment Wear

- Wear your compression garment(s) for 4-6 weeks.
- **Loosen and adjust your garment(s) multiple times a day (minimum 5 times) to avoid pressure points!**
- Garments can be loose for 4 hours a day.

- When removing your compression garments the first few times, do so with assistance.
- Swelling will subside naturally over weeks to months and your garments will help minimize this time.

#### Massage

- Start to gently massage any areas where liposuction was performed as soon as possible to soften the tissue.
- You may wish to seek out a massage therapist or one who specializes in lymphatic drainage techniques.

#### Three Weeks After Surgery

- Begin to massage your incisions with scar lotion. Do not use 100% vitamin E (capsule or oil).
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

#### Drain Care

- If drains have been placed, please follow the verbal instructions given to have them removed 1-7 days following surgery.
- When drains are removed a small amount of yellow/pink/blood tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto the drain site daily and cover with gauze or a Band-Aid for 3-7 days.
- Drain sites will close in 3 to 7 days.
- Ok to fully shower 24 hours after drains are removed.

#### Follow Up Care

- Dr. McInnes will let you know which location to visit him for your in-office follow up appointments. Please call the office to confirm the time (604-515-8847). Dr. McInnes may call you the evening of surgery to see how you're doing. If called, please try to answer your phone (even if it's from "unknown caller").
- For general inquiries/questions, email or call the office during regular work hours (8am-4pm).

#### Weekend and After Hour Care

- If you have after hour concerns that cannot wait, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes. If he happens to be unavailable ask for the plastic surgeon on call, or visit your local emergency department.

#### Contact

- Phone: 604-515-8847 Email: [office@doctormc.ca](mailto:office@doctormc.ca)
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