

Buttock Implant Post- Operative Instructions

These are some guidelines to help you during your recovery. They are not meant to be all-inclusive and you should call the office if you have additional questions and concerns.

1. Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products (including herbals or supplements) to minimize the chance of bleeding during your operation.
2. You will need a family member, spouse, or friend bring you to and from the medical facility. You will not be able to transport yourself home after surgery.
3. The surgery generally takes approximately 1.5 hours to 2.5 hours to perform.
4. Prescriptions for an antibiotic and pain medication will be given prior to your discharge home. Please take the full course of the antibiotic as directed and pain medication as needed.
5. Buttock implants will have a moderate amount of post-operative discomfort and will feel very tight after surgery. Significant swelling will occur in the first few days. **DO NOT SIT FOR 2 WEEKS**, except to go to the bathroom. It is better to “hover” over toilet than sit. Sleep on your stomach (preferably) or side for two weeks
6. An On-Q “pain ball” may be placed for pain control, the device will not require any care until it is completely empty. You should notice it slowly emptying over time. If it is empty you may remove it by tracing the catheters to the skin, removing the covering film, then pulling the catheter out. Please refer to the pamphlet that accompanies your discharge instruction sheets for further information.
7. After 48hours, you may take a shower or sponge bath and do not worry about getting the tapes or drains wet. Do not take a bath or submerge the incision under water for 3 weeks.
8. You will have white paper band aids (steri-strips) over the incision sites. **DO NOT REMOVE THEM**. They can get wet and will not cause a problem. After showering, pat them dry. Over the course of 2-4 weeks, they will slowly start to fray and peel off by themselves. If you wish, you can trim them as they become loose.
9. Proper hygiene is essential. Please take great care not to wipe towards the wound after a bowel movement, or when voiding.
10. Numbness of the skin around the buttocks is normal after this kind of surgery. Normal feeling will return but it may take up to six months after surgery.
11. Daily activity is encouraged but it should not be strenuous initially. It is important to be up and about to keep blood circulating in your legs.
12. The first post op visit to the office will take place 7-10 days after your procedure. We highly recommend you call the office or have a representative call to make the appointment.
13. If you experience high fever (T. 101), excess drainage from the incisions, excessive swelling, redness, pain, or foul odor, please contact the office at (302) 888-0508.