

THE FIRST GLANCE

BUTTOCK LIFT POST OP INSTRUCTIONS

Supplies to have at home:

- **Your prescription medications** (will be given to you on surgery day if not at pre-op appt)
- **Gravol** (oral medication & suppositories available). Used to treat nausea.
- **Stool softener** (ie: **Restorolax/Senokot**). Used to prevent constipation- **start if no BM for 2 days
- **Polysporin Ointment-** (Original)
- **Flexible gauze wrap** (ie: Johnson & Johnson 3" or 4" soft gauze roll)
- **Hypoallergenic Paper Medical Tape** (3M or similar)
Non-stick gauze or nursing pads work well
- **Abdominal binder/ medical compression garment given day of Pre-op**
***Pls bring Garments on day of surgery**

Rest and Relaxation:

- When resting, it is ok to lie on your Back or Stomach
- Sit in a reclined position.
- Take 10 nice big deep breaths every hour while awake.

Activities:

- Make sure you walk as much as possible.
- Avoid bending at the waist for 3 weeks.
- Do not lift more than 10 lbs or perform abdominal exercises for minimum of 4 weeks
- Wait at least 2 weeks before participating in physical activities that will increase your heart rate and blood pressure.

Medications:

- Take your pain medication as directed when you get home. You may find these do not eliminate your discomfort 100%, but you will feel more comfortable. Pain is expected, the goal is to make the pain tolerable.
- Take all medications as prescribed, ensure you finish your entire course of antibiotics even if you do not experience any signs of infection.
- Resume prescribed medications unless otherwise stated
- Follow all instructions which may accompany the medications such as: taking with food, avoiding alcohol and driving restrictions.

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Dressings/Wound Care

- Remove outer drsgs in 48 hrs.
- Leave your steri-strips (paper tapes on incisions) on for as long as possible, typically they can be removed around 2 weeks. If they are very saturated or are starting to come off sooner then you may re move them.
- Once the Steri Strips are removed, apply Polysporin to your incisions once a day for one week.
- You may begin to apply your Scar Gel 3 weeks post surgery, if there are NO open areas along incision
- Wear your abdominal binder/garment for 20 to 24 hours per day for the first 4 weeks), then for 12 hours during the day for 2 more weeks.
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.

Washing

- You can gently wash yourself with a clean wet towel 24 hours after surgery.
- You may shower once the outer dressings are removed (even if you still have drains in.) It may be helpful to wear a lanyard around your neck and pin the drains up to keep them out of the way.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Do not soak surgical sites- no baths, pools, hot tubs, or lake water for 4 weeks.
- You do not require any bandages once your initial bandages are removed, however, most patients feel more comfortable with a bandage to provide extra protection. Flexible gauze wrap can be used as a dressing once the original dressings have been removed.

Drain Care

- Empty drains as instructed and document drainage. Drains are removed once drainage is **less than 30cc over 24 hours for 3 consecutive days.**
- Apply Polysporin at drain site and cover with gauze to absorb fluid that may leak out. This is normal and can occur for 1 week after drain have been removed
- Drain sites will close in 7 to 10 days.
- If there is a gush of fluid that occurs, this is likely fluid that was not picked up by the drain, this is normal. Get into the shower and gently push on your abdomen or breast to encourage the fluid to drain out.
- If drainage persists or is predominantly fresh blood contact Dr. Islur.

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2 Weeks after you Surgery

- Begin to massage your incisions with Skin Medica Scar Recovery Gel (available for purchase), Vaseline body lotion or BioOil. **Do not use vitamin E.**
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

Follow Up Appointments

You will have full access to Dr. Mitchell and his medical team during your recovery. Dr. Mitchell will inform you as to which clinic to visit for your follow up appointments:

First Glance Aesthetic Clinic
1851 Grant Avenue
Winnipeg, MB R3N 1Z2
tel: 204-885-1569

St. Boniface Clinic
343 Tache Avenue
Winnipeg, MB R2H 2A5
Tel: 204-925-9559

After Hour Care

If there is a concern about your surgery or your healing please call The First Glance Clinic at **204-885-1419**.

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.

In case of emergency after hours, please call Dr. Mitchell at 431-302-9669