

# THE FIRST GLANCE

## Brazilian Buttock Lift - Post-Operative Home Care Instructions

### Supplies to have at home:

- **Your prescription medications** (*Prescription may be given on surgery day*)
- **Stool softener** (*ie: Restorolax/Lax-a-Day/Senokot*). Used to prevent constipation – Start day after surgery
- **Band-aids**
- **Kotex or similar sanitary napkins (pads) or gauze**
- **Garbage bag and/or old towels to protect the seat of the car you ride home in**
- **Please purchase a single memory foam mattress topper from Walmart (or similar)**
- **You may bring a drink (ie: ginger ale, Gatorade) with you on your surgery day to have in recovery room with you**

### Rest and Relaxation / Activities:

**\*\* There is an increased risk of feeling faint within the first 48hrs after this surgery, so you must have a responsible adult stay with you for a minimum of 48hrs post-op.**

- When resting, laying on your stomach is best
- Ensure you walk/move around regularly. You may sit down to eat, use the bathroom, and to travel short distances
- The memory foam mattress topper can be cut to use for your car/kitchen chairs etc.
- Avoid couches/car seats whenever possible for postural reasons
- Take 10 nice big deep breaths every hour while awake.
- Massage of the Liposuction areas is recommended, if you see a regular massage therapist you may book an appt for Liposuction massage starting 2 weeks post-op.

### Medications

- 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.
- 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.

### Wound Care / Washing

- You may remove the garment to shower @ **24 hours** post surgery if you **DO NOT** have drains. If you **DO** have drains then you must wait until these are removed to shower.
- Drainage of excess fluid is normal after liposuction for up to several days. Have Kotex pads, Incontinent pads/diapers or thick gauze at home to change dressings. Wear clothing that you do not mind soiling. Please continue to keep incisions covered for 2 weeks with regular Band-aids, or clean pantyliners, changing these daily.

# THE FIRST GLANCE

- Wear your surgical garment for **20 to 24 hours for the first 3 weeks, then for 12 hours at a time for another 3 weeks**
- Do not soak surgical sites - no baths, pools, hot tubs, or lake water for 2 weeks.
- Dry surgical sites by gently patting with a clean towel or allow to air dry.

## **For all Lipo Procedures:**

Bruising tends to last about 2 weeks. Swelling can be significant and initial subsiding can take up to 6-8 weeks and up to 10 months for the final result to show. Swelling can increase during your menstrual cycle from intra-operative fluid injections.

## **Drain Care (not all patients will have drains)**

- Empty drains as instructed and document drainage. Drains are removed once drainage is **less than 30cc over a 24 hour period**.
- Place Polysporin at drain site and cover with gauze, large band-aid or a feminine hygiene pad to absorb fluid that may leak out. This is normal and can occur for 1 week.
- 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 go to your nearest emergency department and contact Dr. Brichacek.

## **Four Weeks After Surgery:**

- Once incisions healed with NO openings along incisions, begin to massage your incisions with BioOil. **Do not use vitamin E.**
- Skin Medica Scar Gel can be applied at night to further improve the appearance of the scars.
- 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**

# THE FIRST GLANCE

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will inform you of your follow up appointments:

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

## **After Hour Care**

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

**In case of emergency please page Dr. Brichacek at 204-898-9933**