



TAROLA PLASTIC SURGERY  
NICHOLAS A. TAROLA, MD

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## **Brazilian Butt Lift (Gluteal Fat-Graft Augmentation)**

As with any surgery, complete smoking/nicotine cessation is required to prevent healing problems and other complications.

You will need someone to drive you home following surgery and stay with you for the first 24-48 hours.

### Activities

It is most important that you **do not sit, or put any pressure, on your butt for 3-6 weeks following surgery.**

Begin walking as soon as possible to help reduce swelling and reduce the chances of a blood clot(DVT).

You may shower 24-48 hours following surgery.

Driving is not allowed until off of all pain medications. In addition, you are not able to sit to drive for 3 weeks.

Most social and employment activities may resume 2-3 weeks after surgery.

You may sleep on your stomach or sides. Do not lie flat on your back for the first 3 weeks.

Strenuous activity and exercise should be avoided for the first 4 weeks.

Avoid hot tubs, baths and swimming for the first 4 weeks. Showers only.

### Postoperative care

You may be fit with a compression garment following surgery. If so, this must be worn 24 hours a day with the exception of showering. If you're having difficulties related to the compression garment, remove it and notify the office or Dr. Tarola immediately.

The incision sites may lose punch-colored fluid for the first few days. Keep these areas covered with gauze.

Avoid sun exposure and UV light on the scars for the first 12 months. Wear sunscreen with SPF 30 or greater.

### What to expect

Swelling and discoloration typically resolves in the first 1 to 2 months. It may take up to 3-6 months before all swelling resolves.

Temporary numbness, swelling, bruising, burning, and discomfort is expected.

Fat transfer/grafting success depends mostly on the ability of the grafted fat to obtain a good blood supply. 100% survival of all of the grafted fat is not anticipated. On average, approximately 75% of the grafted fat will survive. It may take up to 6 months before the final results is evident.

### Please call:

If you have increased swelling or bruising.

If you have severe or increased pain not relieved by pain medication.

If you have side effects from medications such as nausea, vomiting, rash, etc.

If you have an oral temperature greater than 101.0

If you have yellowish or greenish drainage from the incision sites.