



POST-OP INSTRUCTIONS BUTTOCK LIFT WITH AUGMENTATION

Pain and Discomfort

Following the surgery you may feel some pain and discomfort, but this is generally well controlled with pain medication. Some patients may experience nausea and vomiting after anesthesia. This usually lasts less than 24 hrs and should be treated with lots of fluids and rest.

Pain Pump You may have a local pain relief system that delivers numbing medicine automatically to your surgical site. The pump connects to a thin catheter which can be easily clipped to your clothing or can be carried in a small case. After the medicine is dispensed we will remove the pump in 2-5 days.

Swelling

Maximum swelling is usually seen in about 3 – 5 days. The swelling will resolve over a period of several weeks depending on the extent of your surgery. We suggest you begin walking as soon as possible, although rest is very important as well. Temporary numbness, particularly just below the incision is common. The scar often becomes redder several weeks after surgery and begins to fade 2-3 months later. In the first few days after surgery you will feel most comfortable lying flat. Over the next several days you will gradually be able to sit upright.

Incision Care and Garment

You will be seen back in the office in 2-3 days, at which that time the incisions are checked and dressing removed. Showering is permitted 48 hours after surgery. When taking a shower, remove your elastic garment. The garment may remain off for an hour or two while it is washed and dried. After your shower, gently towel yourself dry (do not rub the small incision sites) and then put your elastic garment back on.

Activity and Exercise

Individuals with deskwork type employment may resume work in one week. Lifting should be limited to 25 pounds for four weeks. Others with work involving prolonged periods of standing, walking or heavy lifting may need to wait from 3 to 6 weeks. Vigorous activities or aerobic exercises should not be resumed for 6 weeks.

DON'T TAKE ANY CHANCES! If you are concerned about anything you consider significant, please call the office at **518-786-7000**.

It is very important to keep all Post op appointments.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Alain Polynice, M.D

PatientName _____ MD _____

Relationship _____

Nurse _____