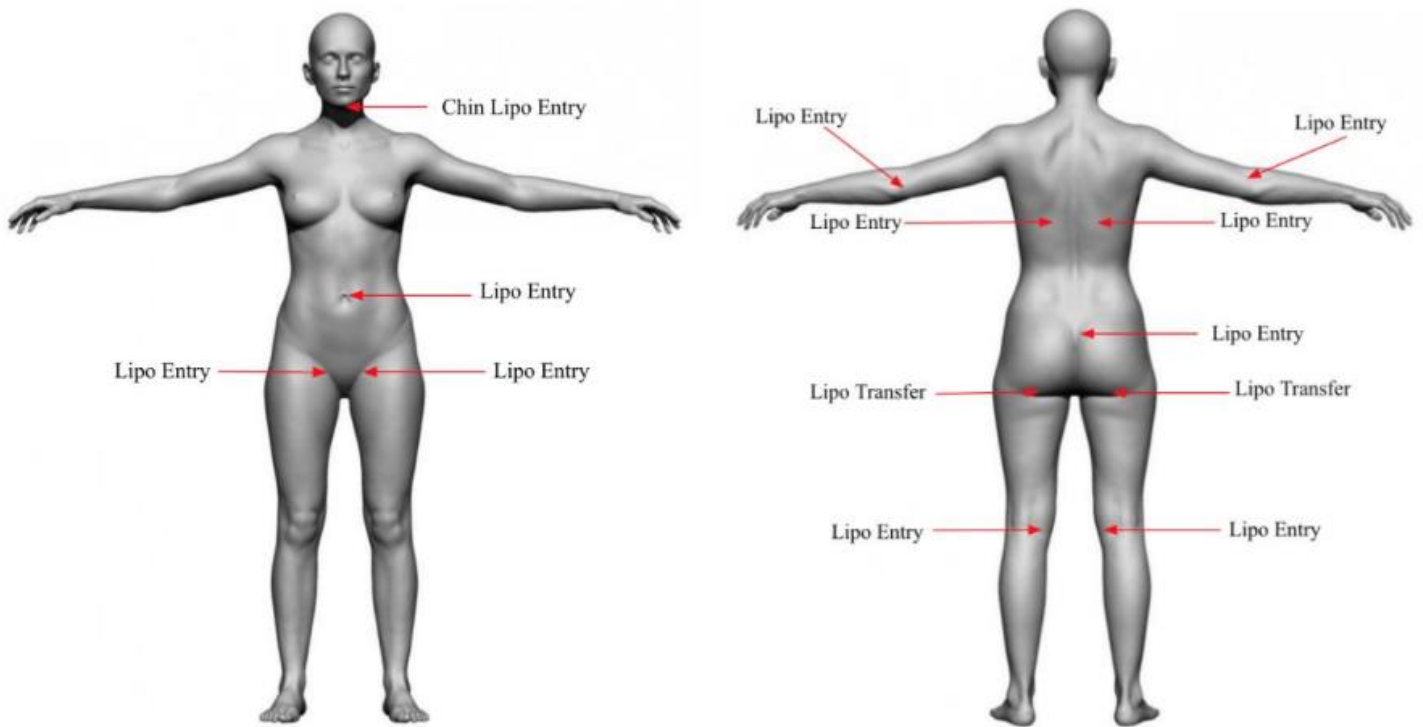




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Liposuction with or without Fat Transfer Post-Operative Care

BBL/Liposuction Diagram



If you are having a butt lift procedure you should not sit on your butt for 2-4 weeks.

RIDE HOME FROM SURGERY:

You CANNOT drive after the surgery. This is because you will have had **anesthesia** AND you will need to minimize pressure on the buttocks and hips. We recommend minimizing the pressure on the fat grafted areas as much as possible for 2-4 weeks. Depending on the vehicle used for your ride home or to your hotel/facility; you will need to adjust your position to minimize pressure on your buttocks and hips.

Initial Recovery

YOU MUST BEGIN WALKING every 1-2 hours for at least 5-10 minutes starting the day of surgery. Bedrest alone is not allowed. You must get out of bed! Immediately following the procedure, you can expect to have bruising and swelling in the areas of liposuction; and also the rest of your body, including your face and hands. Pain can usually be

managed with medication, although it is mandatory to switch from narcotics to Tylenol; and stop all other medications before driving a motor vehicle. Every patient recovers differently from surgery, but most often one can expect to be up and walking the day of the procedure. Moving around will also help with constipation. Excess tumescent fluid may also drain from the incision points. **Do not be alarmed if the fluid is tinged with blood, as this is completely normal and will cease within a few days after surgery.**

Compression Garment

You will be required to purchase a special compression garment. Dr. Kohan will put you in this garment to treat the areas where liposuction was performed. Usually, this is placed before you wake up from surgery. It is possible, however, that this be placed during one of your follow up visits as well. It is recommended you **wear the garment for at least sixteen weeks** to ensure reduction in swelling in a timely manner. This also helps to reduce swelling, decrease discomfort, and help the skin retract.

Recovery Tips

One of the most important recovery tips regarding Brazilian butt lift surgery is to not sit directly on your buttocks for two-eight weeks after the procedure. The exact amount of time will be determined by how you heal post-operatively. If you have a tummy tuck at the same time; you may have some pressure on the fat grafted areas because you cannot lay on your abdomen immediately. This is especially important to achieve long lasting results, as sitting directly on the buttocks can affect blood circulation in the area. Reduced blood circulation could harm the fat cells transferred to the buttocks, though it **should be noted that up to 40% of the transferred fat may not survive**, regardless of if a patient has or has not sat down. This happens no matter what. After the first two to eight weeks of recovery, it is important to still use the BBL pillow when sitting, and to avoid sitting for prolonged periods of time. It is also advised to continue to avoid sleeping on your back for the first several weeks after your surgery.

Do Not Smoke

Many patients always ask: Can I smoke after my BBL surgery?

The answer is no. If you would like to maximize your BBL's results, it is highly recommended to avoid all forms of smoking for a minimum two weeks after surgery, even second-hand smoking. Smoking affects the flow of oxygen and nutrients to the bloodstream and hinders the body's ability to recover. After a fat transfer, newly transferred blood cells need to re-establish a blood supply in order to ensure that they survive in their new environment. It is better not to smoke at all.

Do Not Drive

Do not drive for at least 2-5 weeks post-surgery. Sitting on your newly transferred fat while driving may harm the fat cells. Also, no driving while taking pain medication.

Do Not Sit on Your Buttocks

You should avoid sitting directly on you buttocks for at least 2-8 weeks post-surgery. If you must sit, it is recommended to utilize a BBL Pillow or a regular rolled Towel. Using a BBL Pillow will allow a small cushion to go under your lower thigh and take pressure off your buttocks if you absolutely must sit. Again, sitting is not recommended for at least 2-8 weeks; until cleared by your doctor.

If you don't have access to a BBL Pillow, but instead would like to use a towel, it is recommended to do the following: Simply roll up a towel in the shape of a cylinder and place the towel beneath your things when sitting. This will ensure your weight is kept off your buttocks. Just be sure not to cut off blood supply.

Stay Hydrated

What fluids should I drink after a BBL? Drinking an abundance of fluids that provide your body with essential electrolytes, Smart Water or any water containing electrolytes during the first 8 weeks of your recovery.

Eat Correctly

What can I eat after surgery? Eat nutrient-dense foods that will provide your body with the essential minerals and vitamins needed to support recovery. Add healthy fats and other foods including salmon, avocados, grass-fed butter, walnuts, extra virgin olive oil, and coconut oil.

Maintain A Stable Weight

Weight loss after a BBL should be proportionate to weight loss throughout the entire body. Fluctuations in weight can negatively affect the results of a Brazilian Butt lift. Minimal fluctuation of 5 or so pounds is not a significant change in weight, however, significant fluctuation will cause the fat to accumulate in "new problem areas". I.E. a woman with a "pear-shaped" figure may be more likely to gain weight in their arms rather than her tummy.

Wearing the Right Garments

What should I wear after a BBL? Aside from solely wearing the correct BBL shaping garment post-surgery, it's important to wear clothing that supports your healing process. Squeezing newly transferred fat is the quickest way to kill those fat cells. Make sure you don't wear tight or restrictive clothing during the healing process.

Sleep

After your BBL procedure it is important that you avoid spending time on your back, if possible. Laying down on your back may negatively influence your results due to the extra pressure. You should sleep on your stomach only and not on your sides or back to protect the fat transfer for two-eight weeks after surgery; and if you absolutely do have to sit, it is recommended to use a special BBL pillow. Placing the pillow behind your legs is helpful to avoid putting pressure on the fat graft by raising the buttock. Refrain from folding your arms in a flat position while laying down. This may cause numbness and other unwanted long-term side effects. Roll dish towel under both armpits when you lay and take care to rotate every two hours to prevent any numbness or tingling

Laying Down after Butt Augmentation

You will need to spend your resting time on your stomach. If you have also undergone a breast lift or augmentation, or tummy tuck at the same time; we will demonstrate how to lay on your back to minimize pressure on your buttock and hips. Your neck may feel extra strain from so try to prop yourself up with pillows until you are comfortable. Take short walks as much as you can as it will aid your recovery process. Walking eases tension in your muscles and promotes good circulation.

Bathing

You may not shower until post-operative day 4 (this means 4 days after surgery) or at least 2 days after your drains are out; whichever is later. For example, if your surgery is Monday then you will not be able to shower until Friday. DO NOT submerge yourself into a bath, do simple rinse and pat dry ONLY. You need to remove your garment to shower. Sponge baths only until you are cleared to shower.

Using The Bathroom

You will notice that in your garment there is a slit that exposes your vaginal and anal areas, this will allow you to use the restroom, however, DO NOT sit on the toilet seat if possible. Squat or urinate in the shower if you can. Again, you are to minimize sitting for 2 - 8 weeks after surgery.

What To Expect With My Body

You will notice a big change in your body, however you should expect quite a bit of swelling and a large amount of bloody/pinkish drainage, do not be alarmed this is normal for the first 48 hours. Your buttocks will feel quite firm but will soften up considerably, and change in shape over the next few months. Although the gauze and pads will seem to get somewhat soiled, just leave the gauze in place until your follow-up appointment. A surgical drain is a tube used to remove fluids from your surgical site, reducing the risk of infection and seromas (although they are still very common). The most common type of surgical drain carries the fluid into a collection bulb that you empty. If you will be having plastic surgery involving the usage of drains, you may feel daunted by them and wonder how to properly care for them until they can be removed. While surgical drains can be uncomfortable, if you are well informed on their purpose and how to take care of them, you will be able to handle and care for them better. Better handling means less chance of any unwanted complications or infections!

You will be provided with a step-by-step guide on how to care for drains after surgery.

Lymphatic Drainage Massage

Brazilian butt lifts (BBL), liposuction, abdominoplasty, and other body contouring procedures – in the plastic surgery community, these are some of the most commonly referenced ways to achieve the ideal hourglass shape. While these procedures are incredibly popular and common, they do require some special post-op care to achieve ideal results and a smooth recovery. Most patients who have researched these procedures have likely read that they should plan to have multiple massages after their surgeries. Many patients wonder why having massages after these procedures is so important and why they need to prioritize getting them in the days and weeks after their transformations. Below we go over the ins and outs of post-surgery massages, the type of massages patients should be getting, and what to expect.

Why are Massages so Important After Surgery?

Massage therapy can significantly improve a person's post-surgery recovery period. Targeted massage is known to help soften scar tissue and loosen the muscles around it, reducing their appearance and smoothing them out. Additionally, massage therapy can increase circulation to help flush metabolic wastes out of the body to relieve pain and swelling. It can also help drain excess fluids that cause swelling and help relieve numbness and soreness. This is vital to achieving smooth, long-lasting results and avoiding unforeseen complications in the future. On top of physical benefits, massage therapy is also excellent for stress reduction, which is vital during surgery recovery. The pressure from a massage can aid in flushing out lactic acid from the body, support circulation and stimulating the distribution of blood back to the rest of

the body. It can also help relieve the psychological symptoms of stress. As massage improves circulation, it also helps to stimulate the production of important mood-regulating hormones, like dopamine and serotonin.

What Type of Massage Should I Get After Surgery?

The type of massage you get after your surgery will depend largely on the procedure you have had done. After a BBL or liposuction, Dr. Kohan suggests a series of drainage massages. This specialized form of massage is generally believed to decrease recovery time and improve results, by reducing post-surgical swelling and fibrosis, or scar tissue formation. By squeezing out any excess liquid that has accumulated near your incision sites, your body can heal more quickly, revealing your surgical results more quickly.

How Many Massages Should I Get?

Dr. Kohan recommends that you receive at least three massages in the week following your surgery. After that, you should monitor how your body is recovering and schedule massages intermittently depending on pain levels and swelling.

How Long will the Massages Take?

Typically, massage therapists offer massages in varying lengths and intensity levels. Drainage massages also vary in length of time. Some therapists offer drainage massages that are short but high in pressure, or it could last a full hour or longer, but with less pressure. Patient preferences vary when it comes to what type of massage they prefer. While some patients prefer a longer, softer massage, other prefer to get the experience over with more quickly.

THE FLUFF PERIOD

INITIALLY, your buttock will look flat in certain areas; almost like a “pancake” appearance. There is a period of time after you’ve undergone a BBL that you can expect your skin to stretch out to accommodate the newly inserted fat that’s been harvested there. This is the fat that has been taken from one or more donor areas, including the stomach, hips back or thighs. When the fat is initially inserted into the buttocks, your skin will feel very tight may have a sort of burning sensation because it is now learning to accommodate fat that was not there before. The skin eventually stretches out to accommodate the newly inserted fat, the skin softens as the swelling in the skin resolves, and “fluffs” out. Think of your skin like a rubber band: eventually, if you hold it out and put pressure on it for long enough, it stretches out and doesn’t go back to its original size. Skin works in a similar way. This process of stretching out, shaping, and the resolution of swelling is what patients refer to as the fluff period! This process usually takes in the order of months.

Consume a good amount of Calories in the form of nutrient-rich foods!

Many patients report losing their appetite in the days after surgery. While it may be difficult to eat whole foods while your body is in recovery, it is important to make sure you are taking in enough calories during this time. Failing to eat enough after surgery can slow healing and delay the closure of your incision. If you are not constipated and are still having trouble with your appetite, consider consuming calorie-dense foods, such as a smoothie, which can contain dairy, fruit and even protein powder as necessary. If you are unable to consume enough calories after your surgery, try to eat calorie-dense foods whenever possible. That means eating foods that contain more calories per bite than others. For example, a cup of green salad would be a food low in calories per cup, while an avocado would be very high in calories per cup.

Foods Low in Sodium

Lastly, patients should avoid foods that are high in sodium, or salt, during surgery recovery. Salt retains water and can increase a patient's swelling after surgery, which will cause your results to take longer to settle in. To avoid excessive sodium intake, patients should try sticking to whole foods instead of prepackaged foods and avoiding adding too much salt to their meals. Additionally, electrolyte infused drinks should be limited the first few days after surgery, as they may have the adverse effect of increasing bloating.

After Plastic Surgery

Getting the daily recommended amount of minerals, vitamins and nutrients most beneficial to you during surgery and post-surgical recovery. Your body requires more nutrients after plastic surgery to promote wound healing. Proteins are essential for new blood cell and collagen production. They're also vital to a well-functioning central nervous and immune system.

Vitamins and Minerals

The presence of free radicals grows in response to surgical stress. They can retard healing and cause tissue damage. To prevent this, you should supplement your diet with a range of antioxidants such as Vitamins A and C, selenium, manganese and CoQ10, all available over the counter or online. Eat an array of organic fruits and vegetables at least five times a day—they're rich in antioxidants such as; grapes, blueberries, dark green veggies and Sweet potatoes.

Anti-Inflammatory Foods

Any mainstream nutrition expert would encourage you to eat anti-inflammatory foods. They include lots of fruits and vegetables, whole grains, plant-based proteins (like beans and nuts), fatty fish, and fresh herbs and spices. Fruits and veggies: Go for variety and lots of color. Research shows that **vitamin K**-rich leafy greens like spinach and kale reduce inflammation, as do broccoli and cabbage. So does the substance that gives fruits like cherries, raspberries, and blackberries their color. Continue avoiding foods having saturated and trans-fats and refined sugars—they can increase inflammation. But three days after surgery, you can resume those supplements you stopped taking before your operation, while continuing to avoid salt, sugar and alcohol.

MEDICATIONS: PLEASE REVIEW SEPARATE MEDICATION INSTRUCTIONS.

Resuming activities:

Immediately follow the surgery, high impact activities should be avoided, especially any type of bouncing. Usually, one can return to "activities of daily living" after a few days. After one-month, light activities, such as fast-paced walking, can be performed. Depending on how well one responds to the procedure, most patients can return to their normal activities six to eight weeks after surgery. After the fat cells have stabilized, more vigorous activities can resume, as they should be able to withstand the impact of fat-burning exercises such as jogging or running. It is important to listen to all of the post-operative instructions provided by your plastic surgeon to help ensure the final results provide you with an aesthetic pleasing contour.

FOLLOW UP APPOINTMENTS:

Please follow-up as instructed by your doctor. It is important to keep these appointments and follow all doctor's orders for a smooth and speedy recovery.