**Post-operative Liposuction/Brazilian Butt lift instructions**

**Diet**: please avoid salty foods since it can make swelling worse

**Activity**: to help prevent blood clots in the legs please get out of bed, and start walking today. No contact activities to the areas of surgery. You are allowed to go out of the house.

**Medications**: If you are not allergic to Tylenol take 650 mg every four hours as needed for pain

If you have stronger pain please use the pain prescription medication Dr. Chattar-Cora gave you. If you do take the prescribed pain medication please do not drive or operate any machinery that may harm anyone.

Please do not take advil, ibuprofen, or other non-steroid anti-inflammatory medications (they may cause bleeding or bruising)

Take the prescribed antibiotic as instructed

Resume your previous medications unless otherwise instructed

**Showering**: May shower and get wet starting tomorrow. When showering please test water using a body part that has not been operated on to ensure that the temperature is not hot or cold; using a part that was operated on to test the water may not be accurate since during your procedure local anesthesia was given so the operated body area may not have normal sensation. Soap and water may fall on the wounds. Do not scrub the wounds. No tub bath.

**Dressing changes**: please change the pads as needed. The volume of fluid seepage will initially be high and red. Over the next several days that volume should diminish and the color should lighten. Please wear the compression garment on except to shower.

**Follow up**: please call 210-265-1924 for follow up appointment next week.

If you have **any questions or concerns** please call Dr. Chattar-Cora at 210-265-1924.