

## Journey

### Pre-operative DO's and DONT's

Inform us about your routine medications and any diseases.

Do not eat or drink anything, including water, after midnight the night before your surgery.

The night before surgery, shower and wash the surgical areas with hygienic soap.

Wax or shave your bikini area and legs. It may be uncomfortable to do so in the days immediately after surgery.

Wear only comfortable, loose-fitting clothing that button or zips in the front.



Do not take Aspirin, Alieve, or Ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully.

Stop smoking for 2 weeks before the surgery, and avoid alcohol consumption one week prior to the surgery.

Do not wear make-up, moisturizers, creams, lotions on the day your procedure is scheduled.

Do not wear jewelry, contact lenses and remove any piercings on the day of the procedure.



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## Recovery Timetable

### Post-Operative WHAT to EXPECT?

**Day 1**

Return to hotel.

Expect some swelling and bruising, mild discomfort.



**Day 5-14**

Expect maximum bruising and swelling.



**Day 2-4**

Attend check-up appointment!

You can remove your tape and take a shower.



**Week 2-4**

Much of swelling has begun to go away. (once you have completed your first month.)

**1 YEAR**

ENJOY YOUR FINAL RESULT!



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## Expected Discomfort

### Post-Operative WHAT to EXPECT?

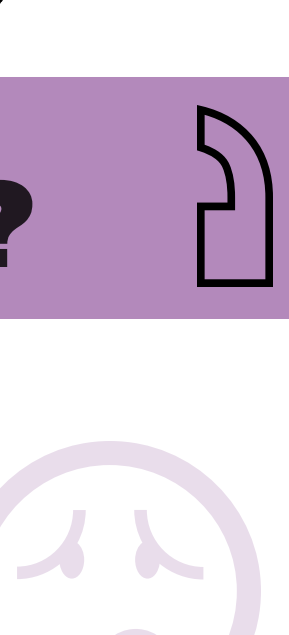
**Itching**

Itching of the treated areas several days after surgery may occur as part of the normal healing process.



**Dizziness & Fainting**

Patients may experience a brief sensation of dizziness the morning after surgery. Feeling lightheaded is similar to what you might experience when standing-up too quickly. Should dizziness occur, simply sit or lie down until it passes.

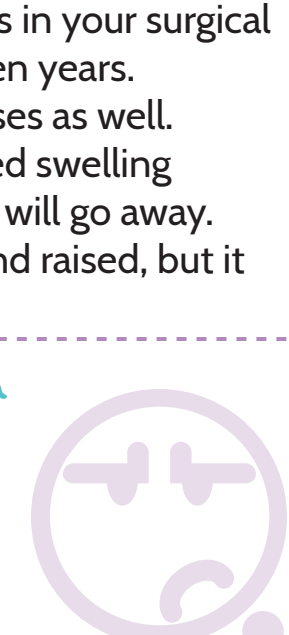


**Small Bumps**

It is not unusual during the healing phase, to note some irregularities under the skin.

These small bumps under the skin are present because your body is sending inflammatory cells to the area to get rid of residual damaged fat cells. For every fat cell that we remove during liposuction, we injure a few more.

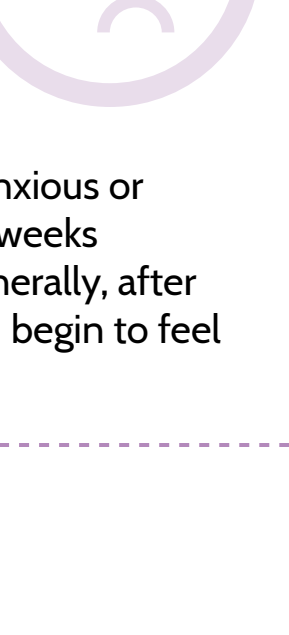
This is a beneficial effect because your body will be healing, gradually.



**Pain**

Like with any surgical procedure, you can expect some pain and discomfort during your initial recovery period as your tissue begins to heal.

There is a very good chance that you have extensive bruising and swelling in the areas where the fat cells were taken from, and in the area where they were injected. This pain can be managed with prescribed painkillers.



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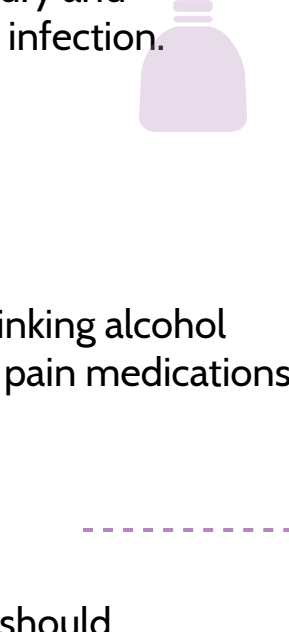
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## Expected Discomfort

### Post-Operative WHAT to EXPECT?

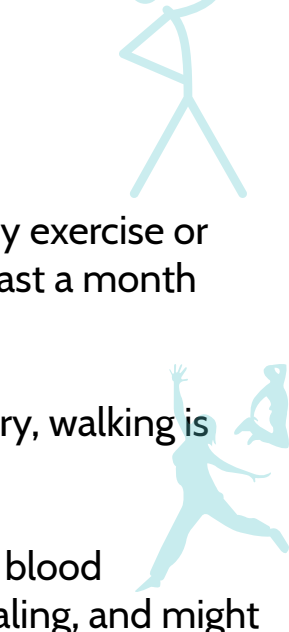
**Numbness**

You may feel numbness in your surgical areas for months or even years. It's normal to have bruising as well. You may have fluid-filled swelling above the scar, but this will go away. Your scar may be red and raised, but it will eventually fade.



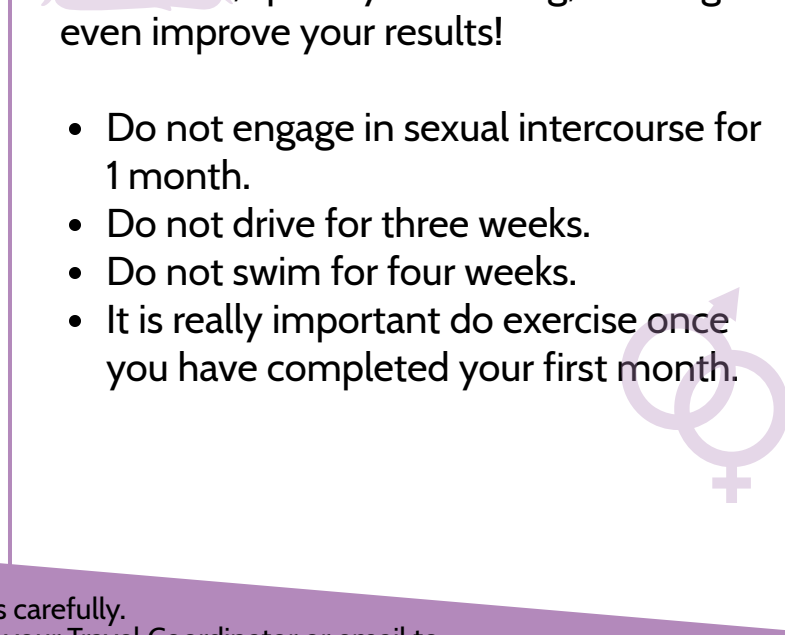
**Depression**

It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but generally, after about a week, you should begin to feel better.



**Inflammation & Swelling**

It's normal to have swelling in the surgical area for about six weeks. In some cases, swelling might take up to three months to resolve.



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## Personel Care

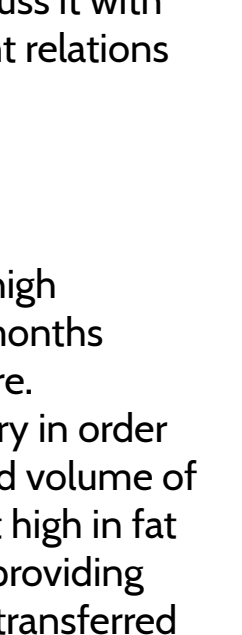
### Post-Operative DO's and DONT's

Keep access sites clean, dry and inspect daily for signs of infection.

Please avoid drinking alcohol while using the pain medications.

If you are a smoker, you should not smoke for at least 2 weeks after surgery.

Smoking and chewing tobacco inhibit your circulation and can significantly compromise your surgical outcome.



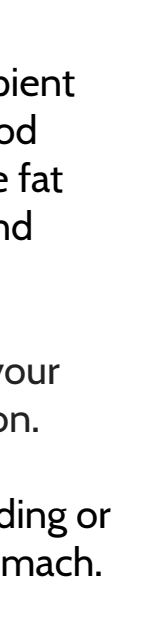
**Activities**

You shouldn't do any heavy exercise or strenuous activity for at least a month after the procedure.

After a full week of recovery, walking is greatly encouraged.

Walking will improve your blood circulation, speed your healing, and might even improve your results!

- Do not engage in sexual intercourse for 1 month.
- Do not drive for three weeks.
- Do not swim for four weeks.
- It is really important do exercise once you have completed your first month.



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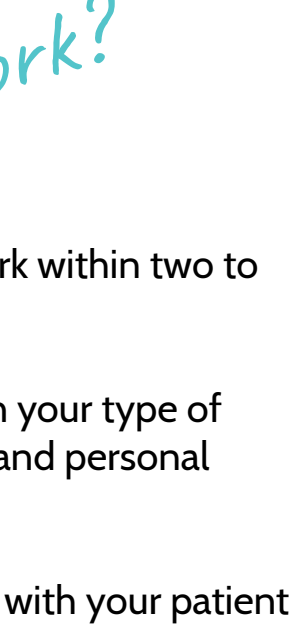
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## Personel Care

### Post-Operative DO's and DONT's

**Eat Healthy**

You need to conform to a high fat, high calorie diet for 3 months following the BBL procedure. This type of diet is necessary in order to maintain the fullness and volume of your buttocks. Eating a diet high in fat and calories is also vital in providing nourishment to the newly transferred fat cells.



**Sitting & Sleeping**

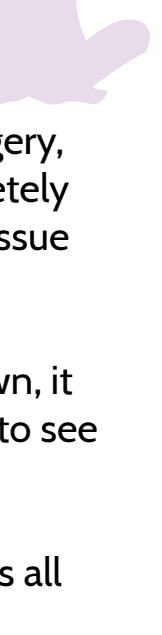
The most important aspect of recovering from the procedure is the avoidance of pressure on the buttocks before it's fully healed.

Any pressure applied to the recipient area of the fat graft will limit blood circulation which could injure the fat grafts before they incorporate and become stable.

Do not sit, bend over, or lay on your back until cleared by your surgeon.

Instead, you should remain standing or rest by lying on their sides or stomach.

If you absolutely must sit, it is advised to use a pillow for your comfort.



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## Be Patient for A Great Result!

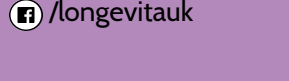
### Post-Operative DO's and DONT's

**When Can I Get Back to Work?**

Most people return to work within two to four weeks.

Return to work varies with your type of work, your overall health and personal preferences.

Discuss returning to work with your patient care specialist.



**Be Patient!**

For the first few weeks after surgery, your initial results will be completely masked by swelling caused by tissue damage.

Even after the swelling goes down, it can take upwards of six months to see your final results.

Be patient and don't worry, this is all part of the recovery process.

Please do not ever hesitate to contact your dedicated patient care specialist.

Take Care!



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