



# De La Cruz Plastic Surgery

Emmanuel De La Cruz, M.D. PLLC

Market Street, 9595 Six Pines Dr. Suite 8210, The Woodlands, TX 77380  
Office (832) 520-1844 Fax (832) 631-6280 [www.delacruzplasticsurgery.com](http://www.delacruzplasticsurgery.com)

## Patient Instructions for Brazilian Butt Lift

The after care for a Brazilian butt lift is as important as the surgery itself. Here are a few caveats and my protocol for a successful surgery:

- . No sitting for about 2 weeks. This is very important because prolonged sitting will damage the fat. The fat behaves as a graft (no blood supply) during the first few weeks. Once the fat develops its own blood supply, then, sitting will be recommended.
  - . Walk and stretch your legs. You need to move, move, move... This will help to decrease the risk of developing clots.
  - . Take ibuprofen 400mg by mouth every 6 hrs around the clock.
  - . Do buttock stretching exercises. This will help with your recovery.
  - . Wear your girdle at all time. You can remove it to take a shower; then, wear the girdle again.
  - . Record the drain output. You will have a drain on your lower back to remove all the fluid that is accumulated. This will give better results.
  - . After 2 weeks of sitting, use a cigar shape cushion when sitting. This will bump your buttock and avoid excessive pressure.
  - . From the first day after surgery, take water pills for three consecutive days. Your body will be swollen all over because of the fluid shift. This will help getting rid of your swelling.
  - . Wear a compression stocking net the first day after surgery to help prevent clots.
- Drink plenty of fluid; do not get dehydrated.

The quality of your cosmetic enhancement may be compromised if you fail to return for any scheduled post-op visits, or follow the pre- and post- operative instructions. Please don't hesitate to report any unusual or concerning changes. Our number is (832)-631-6120 or (832)-520-1844

De La Cruz Plastic Surgery Staff