



Dr. Ramin Behmand | 204 23rd Avenue North, Nashville, TN 37203 | 615-576-3232

Brazilian Butt Lift (BBL) Pre/Post-Operative Instructions

General Information

- If you are a smoker (cigarettes or vaping) or use nicotine supplements, gum, or patches, it is very important that you stop at least 4 weeks prior to surgery. Smoking or using nicotine products can prevent blood flow that is vital for recovery after any surgery.
- It is best to stop any vitamin/medication such as Aspirin, NSAIDS (ibuprofen), Fish Oil, Vitamin E, ADD/ADHD medications and any diet pills/supplements- 1 week prior to surgery and 2 weeks after surgery. These will thin your blood. **Tylenol is ok to take if needed.**
- Make sure you have your prescriptions filled and waiting for you at home prior to surgery.
- It is important to have someone with you at home for the first 24-48hrs after surgery. You may feel groggy from the anesthesia and the pain medications.
- Do not eat or drink after midnight the day before surgery
- Wear something comfortable-a shirt that either buttons or zips in the front and pants that are easy to put on.
- Do not take pain medications on an empty stomach. Eat a light snack 30 minutes prior to taking pain medications. If you find you are nauseous after taking the pain medication, take your nausea medication 30 mins prior to your next pill and this should help.
- Try to stay on top of your pain at first after surgery. Taking your medication as prescribed at first will make for an easier first week after surgery.
- Do not drive or operate heavy machinery while taking pain medication. If you are still taking narcotics by the time of your first post-op appointment, then have someone drive you.
- Constipation is common after surgery from the pain medication and the anesthesia. It is safe to take Mira Lax or Colace after surgery to help prevent this. If you have no improvement after 7 days, please notify the office.
- Stay hydrated and move around as tolerated after surgery. Light walking is ok. Be careful when you change positions from sitting to standing as this may cause lightheadedness. Staying hydrated and moving as tolerated helps prevent blood clots.
- Take frequent deep breaths, pump your feet and ankles intermittently, as tolerated, while sitting/lying to help prevent blood clots.
- No strenuous activities, heavy lifting, straining or activities that would elevate your heart rate after surgery until cleared to do so by Dr. Behmand

What to Expect

- **After surgery.** You will be released home. You will need someone to drive you home, and someone to help you for the first few days.
- **Deep Breathing Exercises.** Use the incentive spirometer hourly, while awake, during the first week after surgery. Inhale slowly through the mouth piece until the plastic ball reaches 1,500 cc. Exhale and relax. Repeat for a total of 10 times per hour.
- **Foot Pump and Ankle Circle Exercises.** Perform the following foot exercises every hour beginning when you return home and continue for the first week after surgery to keep circulation of blood in your lower extremities.
 - Pump your ankles up and down like stepping on, and off a gas pedal. Repeat ten times before resting.
 - Circle both ankles to the left. Then, circle both ankles to the right. Repeat 10 times.
- **Dressings.** Leave all dressings in place right after surgery. A compression garment will hold the dressings in place until you are seen in our office. We will do the first dressing change in the office. You will need minimal dressing changes after the first change and we will give you instructions if any further dressing changes are required.
- **Showering.** You may gently sponge bathe for the first few days after surgery, and take a regular shower by one week after surgery. At one week, you may remove the garment to shower. You may become lightheaded by removing the compression garment, and should have someone available to help you with this process.
- **Swelling & Bruising.** You will notice a moderate amount of swelling in the first week after surgery. This swelling will reach a maximal level at 5-7 days after surgery. If you experience bruising, it is not uncommon for the bruising to travel down the leg with gravity. This is expected and will resolve.
- **Activity Level/Sleeping.** Allow yourself to rest following surgery.
 - You may get up and use the restroom or to walk around inside your house.
 - Do not attempt exercising at any level until instructed to do so by Dr. Behmand.
 - It is most comfortable to use a 2"-3" latex foam mattress padding on your bed after surgery
 - You may rest on your sides or stomach.
 - Short periods of sitting are acceptable, and generally not harmful to the successful take of the transferred fat cells, but do not exceed 20 minutes at any one time.
 - Avoid sleeping flat on your back and buttocks for the first 6 weeks following surgery

- **Driving.** Do not drive until one week after surgery, and at least 24 hours after you have stopped taking your prescribed pain medication. If you are not comfortable driving at one week, please wait until you feel comfortable.
- **Exercise.** Avoid exercise and aerobic activity for 6 weeks after surgery. Early exercise, and heavy activity in general, contributes to excessive swelling, and will negatively affect the transferred fat cellsh groceries.

When to call our office:

- If you develop severe shortness of breath, chest pain or are experiencing a medical emergency, call 911 and then notify your physician
- If you develop a fever of 101.4 or higher
- If your pain medication stops working
- If you have markedly increased pain, bruising, swelling or bloody drainage
- If you develop leg swelling or pain
- If you have persistent nausea or vomiting
- If you are uncertain about a medication or treatment
- If you are experiencing any adverse symptoms or changes that you do not understand
- If you have ANY questions or concerns

Dr. Behmand's Office Phone Number: 615-576-3232

If it is after office hours when you call, push one when prompted and you will be transferred to the answering service who will notify the person on call to call you back. Please do not email with medical questions, medical concerns or during a medical emergency as our email is not monitored after business hours or when we are seeing patients.

Signature and Date_____