



## Recipe for Success

Welcome to your recovery from gluteal implant surgery!



## Ingredients

- Cold compresses, gel packs, frozen peas, or ice packs.
- A responsible adult to stay with you for 24 hours after anesthesia, and we are not kidding about this.
- Ted hose (knee high) to bring with you the day of surgery. You may purchase these at any drug store; follow the instructions on the package for care and application.
- Fleets enema.
- A positive attitude!



## Directions

**You will use a Fleets enema 1-4 hours prior to arrival for surgery.**

Do not sit on buttocks unless absolutely necessary.

Bandages: You will have a compression garment on after surgery. Make sure the garment is flat against your skin without any wrinkles or folds. Do not remove it until instructed to do so. You will continue to wear the garment for 4-6 weeks, removing it only to shower and replacing it immediately. You will be given a second garment at your post-op visit to wear while the other is drying. The garment may not go in the dryer.

Office visits: Your first post-op visit will be 1-3 days after surgery. The subsequent visits are usually scheduled in 2-3 weeks, then at the 3<sup>rd</sup> month, 6<sup>th</sup> month and 1<sup>st</sup> year, and annually thereafter.



## Recipe for today

**If you have a binder:** Stretch your hamstrings (leg muscles) as soon as possible several times a day. This will be demonstrated at pre-op appointment.

1. Ambulate in the house to the bathroom, kitchen, etc., every 2 hours during the day.
2. If you were going to get sick from the anesthesia, it would have happened within the first 3-4 hours after surgery. If you are nauseous, it is usually because you have taken medicine on an empty stomach, or you are not drinking enough fluids and are becoming dehydrated. We encourage beverages with sugar and caffeine to help jumpstart the system.
3. It is important to get up and move around the house after surgery every 2-3 hours during the day to promote circulation.
4. You may sponge bathe 24 hours after surgery. **Do not get bandages wet.**

**First week:** Do not drive a car or engage in any physical activity.

**Second week:** Gradually resume routine activities. You should be back to normal by the end of the second week **except for exercise.**

**For 4 weeks:** Do not engage in any exercise that uses the lower body such as golf, tennis, swimming, horseback riding, motorcycle riding, etc.



## Hints from the nursing staff

1. Expect to run out of energy about mid-day. Expect to feel tighter and more swollen by the end of the day. This is normal and temporary.
2. Do not expose the buttock or scars to the sun or tanning bed for at least 3 weeks after the surgery as severe burns can occur from minimal exposure. Scars must be covered when exposed to sun or tanning bed until all redness is gone from the incision. This will take up to 1 year. You may use tanning creams after the incision is healed.