



# Brazilian butt lift (BBL) Aftercare Instructions

# Recovery Timeline

Week 1-2: Swelling, bruising, and discomfort. Light walks.

Weeks 3-6: Decreased swelling and soreness. Transition off Rx meds.

Weeks 6-8: Resume non-strenuous activity. Some exercise is permitted.

Week 8+: Full activity can resume. Final results will be visible around 3 months.

# Medications

- Take prescribed pain medications as directed. Use Tylenol first before stronger Rx meds if able.
- Take antibiotics for 1 week after surgery to prevent infection.
- Use stool softeners and laxatives if constipated to avoid straining.

## Diet

- Stick to a high protein, low carb diet for optimal healing and fat graft take.
- Drink 64+ oz of fluids daily, focusing on water, protein shakes, and bone broths.
- Avoid very spicy, greasy, or hard-to-digest foods for 2 weeks.

## Activity Restrictions

- Absolutely no sitting directly on your buttocks for 3-6 weeks. Use a BBL pillow.
- Sleep face down or on your side. Do not sleep on your back or put pressure on your butt.
- Avoid strenuous exercise and lifting over 10 lbs for 6 weeks.
- Walk for 10 minutes every few hours to prevent blood clots.

## Activity Restrictions

- Avoid bending over or any strenuous activity for 10-14 days. This can increase swelling.
- Sleep with your head elevated on pillows for 1 week to minimize swelling.
- Avoid getting water in your eyes or rubbing/touching your eyes for 1 week.
- Do not wear eye makeup or contacts until approved by the surgeon, usually around 2 weeks.
- Avoid direct sunlight on incisions by wearing sunglasses for 6 weeks.

## Incision Care

- Apply cool compresses regularly for 72 hours to minimize swelling.
- Keep incisions clean and dry. Watch for signs of infection.
- Use prescribed eye drops to lubricate eyes 4-6 times a day for 2 weeks.

## Incision Care

- Keep incision sites clean and dry. Inspect for signs of infection daily.
- Change dressings as directed. Apply prescribed ointments gently.
- Follow directions for showering. Do not submerge incisions.
- Wear compression garments 24/7 for 6 weeks to support contouring.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

#### Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: [Info@iranhealthagency.com](mailto:Info@iranhealthagency.com)

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: [www.iranhealthagency.com](http://www.iranhealthagency.com)

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



## International Care, Local Comfort

Get in touch:

