

Brazilian Butt Lift Surgery Post-Op Instructions:

- Avoid sitting on your buttocks completely for 10 days after surgery, and minimize sitting for an additional 3 weeks thereafter.
- When you are able to sit 10 days postoperatively, use a bolster behind your thighs when sitting to alleviate pressure from your buttocks. This restriction lasts until at least 3 weeks postoperatively.
- Avoid all strenuous exercise for 4 weeks following surgery. Light walking only is permitted during this time. Avoid all high intensity buttock exercises (squats, lunges, etc.) for 6 weeks following surgery.
- You may fly in 2 weeks and resume driving when you feel comfortable enough to do so and are off narcotics