

## **Buttock Augmentation with Implants Post-Op Instructions:**

- Avoid sitting on your buttocks completely for three weeks after surgery, and minimize sitting for a months after surgery. Minimize laying on your buttocks for 3 months postoperatively.
- Avoid all strenuous exercise for 3 weeks following surgery. Light walking only is permitted during this time.
- You can take a shower the next day after surgery.
- You may fly in 2 weeks and resume driving when you feel comfortable enough to do so, and are off narcotics.