

LIPOSCULPTURE WITH BRAZILIAN BUTLIFT

Brazilian buttock augmentation is an operation in which the surgeon removes fat cells, for example at the level of the hips, thighs or lower buttocks and, after purification, is re-injected into the upper buttocks. The combination of these two procedures makes it possible to refine the areas near the buttocks and in this way obtain a very natural and beautifully rounded shape as the end result.

Patient guidelines:

Before surgery:

- From midnight on, eating, drinking or smoking is forbidden.
- Taking aspirin (or any other medicinal product containing acetylsalicylic acid) is also forbidden for ten days before the intervention;
- You are advised to take “**Nutrimonium**” food supplements during the month before the intervention.
- On the day of the operation, you are advised **not to wear any make-up, contact lenses, nor any jewellery or piercings**, nor any nail varnish.
- On the day of the operation, you are advised to wear loose-fitting and comfortable clothes.
- In the morning before the intervention, the body must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).

It is important and obligatory to wear anti-embolic stockings on the day of your surgery. Please provide the long ones up to above the knees. These you can buy at the pharmacy or at our clinic (30 £/€).

A preoperative blood draw is required for this procedure. Please provide us with the results at least 10 days before your procedure.

NEW: Hyperbaric oxygen therapy (HBOT) before and after surgery. HBOT helps in the healing of wounds. This therapy helps improve/accelerate the healing process. Cost: €180 for 2 sessions.

After surgery:

- Driving is forbidden for 24 hours after the operation.
- It's totally normal if you are losing some liquid thru the incisions in the first 24 hours. We advise you to protect your bed.
- During the first 6 to 8 weeks, it is forbidden to sit on you buttock. You are allowed to lay on your belly or back with your legs straighten. A BBL pillow can be bought at the clinic, on which you may sit after 1 week.
- You are obliged to wear a compressive panty during the first 8 weeks, day and night. The compressive tights may be taken off from day 2 to take a quick shower and wash the tights. Taking a bath is prohibited for one month.
- If stitches need to be removed, this can be done from day 7.

- It is strongly recommended to maintain a strict diet for at least 4 weeks after the procedure to maximise the effects.
- Nutrironium' dietary supplements should be taken during the month following surgery to speed up the healing process.
- After the procedure, oedema appears and disappears spontaneously. It is recommended to take 'Lymphomyosot' for a month, a rate of 3 x 3 tablets/day for a week, 3 x 2 tablets/day for a fortnight and 3 x 1 tablet/day for a week. This will promote drainage and speed up the disappearance of the oedema.
- You will be prescribed antibiotics.
- It is recommended that you take Dafalgan (paracetamol) at the rate of 1 tablet of 1g, 4 times a day, alternating with Ibuprofen 600 mg, 3 times a day, and possibly Oxynorm instant, 2 times a day. However, the intake of the latter medicine should be stopped in case of vomiting.
- After the procedure, it is recommended not to carry heavy objects and not to exercise for 4 weeks.

After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.

We would like to see you again after 8-10 weeks for a check-up with Dr Plovier. You can contact our secretariat to book this appointment.