

Buttocks: *The buttock lift or gluteal fold correction*

Before the Intervention:

- From 6 hours before the procedure, it is forbidden to eat, drink or smoke.
- Taking aspirin (or any drug containing acetylsalicylic acid) is prohibited for 10 days before the procedure.
- On the day of the procedure, it is recommended not to wear makeup, contact lenses, jewelry/piercings, and loose and comfortable clothing.
- On the morning of the procedure, the body should be washed with antiseptic soap type Hibiscrub, Uni-Cura or Betadermyl (available at pharmacies).

NEW: hyperbaric oxygen therapy before and after surgery. HBOT aids in the healing of wounds. This therapy helps improve/accelerate the healing process. Cost: € 90 per session. Attached more information.

After the Intervention:

- After the procedure, driving a car is prohibited for 24 hours.
- After the procedure, compression tights must be worn day and night for 8 weeks. These tights may be taken off briefly after 48 hours for a quick shower. Taking a bath is prohibited for 12 weeks. You may wash the tights by hand.
- During the 6 weeks following the operation, any pressure on the buttocksfold must be avoided: it is therefore recommended to sleep on the back or abdomen, not to drive a car, not to stoop or lift objects. Avoid any sitting position as much as possible during the first 3 weeks.
- It is recommended to 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 5mg 2 times a day. However, the intake of the latter drug should be stopped in case of vomiting.
- Depending on the procedure, you will be given a modified pain schedule!
- You will be prescribed 2 types of antibiotics to be taken 2x/day until when the box runs out.
- It is recommended to pay particular attention to the hygiene of the affected area during the weeks following the procedure.
- An oedema appears after the procedure, which disappears spontaneously.
- The stitches are removed after 14 days, by your doctor or at Be Clinic.
- After the procedure it is recommended not to carry heavy objects and not to exercise for 6 weeks.

We'd like to see you back for all after care in our Beclinic. A check-up is indicated after 72 hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email webinfo@beclinic.com or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000

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.