BUTTOCK LIFT INSTRUCTIONS

1. Keep the operation sites clean and dry for 24 hours. After 24 hours, please remove all dressings, including the yellow gauze. It is OK to take a sponge bath at that time. Light showers are permitted after 24 hours. Expect some drainage on all dressings.

2. After showering, apply Mupirocin ointment (**or** plain Neosporin) to all incisions and cover with clean dressings. You should hold the dressings in place with the compression garment. Do not use tape or other adhesives on the skin, as these will cause blistering or tearing of the skin.

3. Change all dressings daily. Adjust the compression garment as needed for comfort. Strip and empty the JP drains twice daily. Clean around the JP drain sites where the tubes enter the skin with alcohol daily. The drains will be ready for removal when each is draining less than 25 ccs in 24 hours. Occasionally, JP drains are not used.

4. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication).

5. Clear liquids first. If no nausea, progress to a regular diet as tolerated.

6. Take medication as ordered. Please see the medication dosing regimen recommended by Dr. Lindsey. *For the Enhanced Recovery after Surgery regimen to be effective, it must be followed as prescribed.* Do not take pain medication on an empty stomach. Do not drive while taking medication.

7. Avoid alcoholic beverages. No smoking.

8. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.

9. Call Dr. Lindsey at (504) 885-4508 (office) or (504) 495-5937 (cell) for obvious bleeding, swelling, fever over 101.5 degrees, redness, pus at the wound, persistent vomiting, any problems or questions.

10. Please schedule your appointment approximately one week following your surgery, or when the JP drains are ready for removal.

11. No bending over or lifting for 2 weeks. No exercise or vigorous activities for 6 weeks. This includes activities that elevate your heart rate or cause you to perspire.