PLASTIC & COSMETIC
CENTER OF SOUTH TEXAS
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Post – Op Instructions Following Buttocks Surgery

Some important points to remember:

1. NO sitting is allowed for the first 2 weeks. Do not drive a vehicle while you are taking any form of pain medications. You may drive after you discontinue the use of pain medications. Do not take any other pain medications, sleep medications, nor anxiety medications unless discussed with Dr. Jeneby.
2. Avoid highly active sexual activity (do not touch buttocks roughly for 2-3 more weeks.) You may begin a light walk on treadmill 2 weeks post op after you've been cleared by Dr. Jeneby. No working out for 6 weeks post-op (i.e. crossfit, bodybuilding
3. No strenuous work – No lifting, pulling or pushing anything over 10 pounds in 14 days. DO NOT pick up large pets or children for 2 weeks post-op.
4. DO NOT SUBMERGE YOURSELF IN WATER including Bathing or going into a lake or pool for 4 weeks postop or until cleared by Dr. Jeneby.
5. Make sure to continue a high fiber diet after surgery.
6. No traveling until cleared by Dr. Jeneby
7. Continue to take your protein and Arnika supplements as directed to cut down on bruising.
8. **DO NOT WEAR ANY** type of garment until cleared by Dr. Jeneby.
9. Purchase BioCorneum Scar Cream at our office and begin using once you are cleared by Dr. Jeneby after surgery and continue as directed. If the wound becomes red and hot or has other problems then call the office and do not use the scar cream yet.

10. If you have any questions please contact the office at 210-270-8595.