PLASTIC & COSMETIC
CENTER OF SOUTH TEXAS
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POST-OP INSTRUCTIONS FOLLOWING BUTTOCKS FAT GRAFTING/ IMPLANTS

1. No sitting or lying on buttocks for 2 weeks with exception of bathroom breaks.
2. Do not drive a vehicle while you are taking any form of medications that causes drowsiness. You may drive after you discontinue the use of pain medications but not before 2 weeks and only with physician clearance.
3. The anesthesia will make you weak.
4. You may shower the morning after surgery.
5. Eat light meals the first day of surgery and avoid heavy meals 24 hours after surgery.
6. Strenuous work- no lifting, pushing, pulling greater than 10 pounds for 14 days
7. Avoid picking up children or large pets for 2 weeks after surgery.
8. No working out for 4 weeks after surgery.
9. Light treadmill after 14 days.
10. Begin wearing your garment 2 weeks after your procedure and continue for 6-8 weeks except when showering or washing garment.
11. Do not take any other pain medications, sleep medications, nor anxiety medications unless discussed with Dr. Jeneby.
12. Continue to take your vitamin supplements as directed to cut down on swelling and bruising.
13. For refills on any medications be sure to call the office Mon-Fri before 1pm.
14. You will be able to take a trip 4 weeks after surgery.
15. You may tan 4 weeks after surgery but keep incisions covered with good sunblock.
16. Do not swim (no lake, beach or Jacuzzi) for 4 weeks after surgery.
17. **If you have any concerns please do not hesitate to call the office 210.270.8595**