

## **Buttocks: *The buttock lift or gluteal fold correction***

### Results and Post-Operative Treatment

The patient can return home on the day after the operation.

The buttocks will be swollen and bruises can appear.

The final result can be assessed three months after the intervention.

### ***Instructions for Patients***

#### Before the Intervention:

- If you are having a full anaesthetic, do not eat, drink or smoke after midnight
- Taking aspirin (or any other medicinal product containing acetylsalicylic acid) is also forbidden for ten days before the intervention;
- On the day of the operation, you are advised not to wear any make-up, nor any nail varnish.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised not to wear any jewellery or Piercings.
- 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).

#### After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- After the intervention, a compression girdle must be worn for a month, day and night. The girdle can be briefly taken off after 48 hours, for a quick shower.
- Any pressure on the buttocks must be avoided for six weeks after the intervention: you are therefore advised to refrain from driving a car, leaning over, or lifting things. In the sitting position, it is recommended that you sit properly upright, hollowing your back and not leaning against anything.
- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternatively with Ibuprofen 600mg, three times a day and, possibly, Oxynorm , twice a day. This latter medication should be discontinued in the event of nausea.
- Antibiotics will be prescribed for you and must be taken 2 times a day until the box is empty.
- You are advised to pay special attention to the hygiene of the area concerned during the weeks after the intervention. Disinfect the wound daily with iodine or rinse with water after every toilet visit.
- we advise to clean the scar daily with iodine and to use a antibiotic cream on top. (fucidin). A special aftercare package is available at the clinic for 25€.
- An oedema will appear after the operation, but it will disappear of its own accord.
- The stitches will be removed after 14 days, at Beclinic or by your doctor.
- It is recommended that you do not carry any heavy objects or practise any sport for four weeks after the intervention.