

THE PRE-OPERATIVE SESSION

PRE-OPERATIVE INSTRUCTIONS

FOR

BUTTOCK AUGMENTATION WITH IMPLANTS

Buttock augmentation with solid silicone implants can be performed in several ways. The implant has various shapes and can be placed subfascially, intra-muscularly and sub-muscularly. Location and shape will be determined with Dr. Taneja, depending upon the size desired and soft tissue characteristics. Post-operative care and complications are similar.

THREE WEEKS BEFORE SURGERY:

- Laboratory, Medical Clearance and EKG (if they are required) must be done. If you are having your preoperative testing at a lab other than the one we suggested, you are responsible for having the written results of this testing arrive at our office one full week before surgery (our fax number (626)844-0018)
- SURGERY WILL NEED TO BE CANCELLED IF THERE IS ANY CHANCE THAT YOU ARE PREGNANT.

TWO WEEKS BEFORE SURGERY:

- Do not take any products containing aspirin, ibuprofen (Advil, Motrin), non-steroidal anti-inflammatory medication or Vitamin E. Tylenol is acceptable.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or Nicotine patch. Nicotine interferes with healthy circulation and may affect the results of your surgery. It also places you at higher risk of complications when receiving anesthesia.

ONE WEEK BEFORE SURGERY:

- Do not drink alcohol for 1 week before and after surgery.
- Avoid red foods. (red meat, red jello, red drinks)
- Please ensure that all laboratory test and/or blood work has been completed by this time as ordered by the physician/nurse practitioner. Our fax number is (626)844-0018.

TWO DAYS BEFORE SURGERY:

- You need to be on a soft liquid diet.
- Pick up medication
- Pick up stool softener (Colace) over the counter.

ONE DAY BEFORE SURGERY:

- Start taking Golytely in the morning. This will be your meal for the day. You may only have clear fluids. NO FOOD.
- Our office will call you to confirm your surgery check in time.

DAY OF SURGERY:

- Go to the surgery center, 10760 Warner Avenue, Ste 102, Fountain Valley, CA 92708.
- You may shower and shampoo the morning of surgery. Do not wear makeup, hair sprays or gels, or nail polish. You may leave acrylic nails on.
- Avoid clothing that must be pulled over the head. Please wear loose fitting clothing.
- Do not wear jewelry, including body jewelry or big valuables to surgery. Do not use underarm deodorant.
- If you have your menstrual cycle, please wear a feminine napkin. Do not wear a tampon.

COMMON INSTRUCTIONS AFTER SURGERY:

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible).
- A responsible adult must stay with you overnight and after your surgery until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours after surgery.
- To allow the wound to heal properly you **CANNOT SIT OR LIE DOWN ON YOUR BACK FOR 3 WEEKS AFTER SURGERY.**
- You must either be standing or lying on your abdomen for these 3 weeks.
- Sitting is only permitted when you are going to the bathroom.
- **NO DRIVING and NO WORKING at least 3 weeks.** **Depending upon your healing these restrictions may be needed for even longer times.*
- Avoid any activities that cause pain or discomfort.
- Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
- Exercise may usually be started in 6 weeks with no restrictions after 3 months.
- Implants will feel very firm initially like sitting on rocks and then soften up over several months. Most implants are palpable by you and your partner, especially when placed in the subfascial position.
- Resume activities slowly. You may feel tired for the first few days.

- Expect to have pain for the first 7days. Take your pain medication before your pain becomes severe.
- You must shower but not bathe when it is deemed appropriate.
- Take all medications instructed post-operatively.
- You may resume your vitamins, Motrin/aspirin products 7 days after surgery.
- Drink plenty of fluids (8-10 glasses/day) for the first week to keep well hydrated.
- If you have not urinated after 6 hours of being home from surgery, please contact our office. (626) 844-0555.
- You will go home with a compression garment in place. You will need to wear this at all times for 3-6 weeks after surgery.
- Avoid direct sunlight to the incision for at least 1 year. Use a sunscreen with zinc oxide with SPF 20 or greater to help decrease the visibility of the scar.
- **You may resume sexual intercourse after 4 weeks.**

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from an incision site.
- Persistent nausea and/or vomiting.
- Any other concerns.

Office Telephone: (626)844-0555

Physician: Dr. Arvin Taneja

I HAVE READ THIS DOCUMENT IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ **Date:** _____

Patient Name (print): _____ **Date:** _____

Witness: _____ **Date:** _____