



18707 Hardy Oak Blvd Suite 455  
San Antonio, TX 78258  
Phone (210) 255-1764  
Fax (210) 255-8891

### **Butt Augmentation Post-Operative Instructions**

Depending on your occupation you may want to take off 1-2 weeks from work. The more you sit at work, the more time off you should take.

Do not lay or sit on your butt for 2 weeks. Lay on your stomach when you sleep. If possible any activity you normally sit or lay on your back for should be limited. Pressure on the transplanted fat cells limits survival.

It is very important that you stay hydrated. A good check to see if you're hydrated is to check the color of your urine. If your urine is yellow you need to drink more fluids. If your urine is clear you are drinking enough. It is important to monitor your hydration status because if you become dehydrated you may feel dizzy when standing.

You may walk the day of surgery and may take a shower 24 hours after surgery.

The garment should be worn for one month.