Post Gluteal Lift

• No sitting on buttocks for greater than 45 minute intervals. Please follow this instruction, until Dr. Few advises.
• Attempt to sleep on side or stomach for 2 weeks follow surgery.
• Wear the compression garment for 24 hours per day for the first 3 days post op. Then, it is ok to wear the garment for no less than 18 hours per day. The garment will need to be worn for a total of 2 weeks post operatively.
• You may feel 'threads' or 'strings' along the crease of your buttocks. These are dissolvable sutures and you should not attempt to pull or trim these.
• No exercise or heavy lifting for 2 weeks post operatively.
• Please contact Dr. Few with any questions or concerns.

DAY OF SURGERY INSTRUCTIONS:

• Resume daily activities as tolerated
• Take medications as directed
• You may resume all medications immediately after surgery
• Keep incision clean and dry.
• Do not remove steri-strips (little white or brown tape strips)
• You may shower 24-48 hours after surgery.
• Do Not Drive while taking a narcotic medication
• You may switch to Ibuprophen 24 hours after procedure
• Wear compression garment as directed
• Do not lift, pull, or push anything heavier than 5lbs for 2 weeks post surgery
• No exercising for 14 days or activity that will increase the heart rate.
• Schedule follow up appointment 3-5 days post surgery

To contact Dr. Few after hours, please call the answering service at 312-202-0882, and press “0”