



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

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 then 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"