



JONATHAN HEISTEIN, M.D.  
PLASTIC & RECONSTRUCTIVE SURGERY

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## GLUTEAL AUGMENTATION HOME INSTRUCTIONS

### DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

### ACTIVITY

- Take it easy and do not schedule any significant activities for the first 2-3 weeks.
- Weight lifting, jogging, high impact aerobics and vigorous leg activities should be avoided for 3-4 weeks.
- Deep breathing exercises should be done every hour while awake for the first 48 hours.
- DO NOT lie on your back – try to lie on your stomach when sleeping.
- You MUST sit on pillows for cushioning at any time when you are sitting.

### MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- You MUST continue to take the antibiotic until the drains are removed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

### WOUND CARE

- ***Do not smoke!***
- Do not remove the dressing – your first dressing change will be done in the office tomorrow.
- Change the dressing daily with sterile gauze pads over the incision and around the drains.
- Empty the drains every 8-12 hours and record the amount. The drainage bulb must be recompressed after emptying to maintain suction of drainage from the incision.
- You may have some bloody discharge around the drain tube. You may reinforce the dressing with gauze as needed.
- You may NOT shower until the drains are removed.
- Be very careful not to get the incision or drains soiled when you urinate or have a bowel movement – clean yourself cautiously from back to front.

### PROBLEMS

***Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:***

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- A change in the appearance of your buttocks (i.e. if one suddenly appears larger, more painful, or if excessive bruising or hardness is noted).
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

### ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief.
- You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.

### SPECIAL INSTRUCTIONS \_\_\_\_\_

### FOLLOW-UP

- Please call today to schedule your post-operative appointment for tomorrow \_\_\_\_\_ (unless previously scheduled)