



TAROLA PLASTIC SURGERY  
NICHOLAS A. TAROLA, MD

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## Buttock Augmentation with Implant

Immediately after the procedure, begin moving legs and feet as soon as possible.

A compression garment must be worn on the buttocks for one month following surgery.

Sitting is restricted to the bathroom for the first 3 weeks following surgery.

On the first day after the procedure, you must stay in bed, with the exception of using the bathroom, with the compression garment on and move your legs and feet frequently. You may lie in any position, but walking will not be allowed until the second day after surgery.

Starting on the second day after surgery, you may stand, lie in bed, or crouch on your knees; however, sitting is still restricted to the bathroom.

Your wound does not require any special attention with the exception of cleaning with soap and water in the shower.

Normal daily activity usually resumes two weeks after surgery. Dr. Tarola will notify you when you may resume activity.

Exercise can be started two months after surgery.

### CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations
- Any pain that cannot be controlled by your pain medication
- Bright red skin that is hot to the touch
- Excessive bleeding or fluid seeping through the incisions
- A severely misshapen breast or bruising that is localized to one breast or region of the chest

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses, for no longer than 20-minute intervals.