



# INLAND INSTITUTE

ORAL AND MAXILLO-FACIAL SURGERY  
COSMETIC SURGERY

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## Gluteal Augmentation

**Dressing** - Starting the first operative day, wear your support garment full time for the first three weeks and half time for the following three weeks. You should loosen the garment a few times daily to be sure that the skin is not folded or creased in an unnatural position. You should take your garments off and shower daily. Lather the tape with soap and water. Do not submerge the incisions in water. The tape can be dried by blotting with a dry towel or by using a hairdryer at a low setting (do not use the heat setting). Your garment should be washed and dried daily to avoid infection. We will remove the tape at your one week appointment.

**Sutures** - Dissolve in about two weeks. If skin staples are used, they will be removed in about seven days.

**Wound Care** - Tape should be cleaned daily in the shower by lathering with soap and water. The tape can be dried by blotting with dry towel or by using a hairdryer at a low setting (do not use the heat setting). After the dressings are removed by your surgeon, the incision should be cleaned with diluted peroxide then coated with antibiotic ointment or scarguard as instructed.

**Activity** - Increase activity as tolerated with no heavy exercise or lifting for at least two weeks. Begin to resume your normal daily activities after this time. Try to sleep on your stomach for the first two weeks. Avoid putting direct pressure on your buttocks for more than a few minutes at a time. Long trips with prolonged sitting are forbidden at this time. If you have to sit, utilize a very soft cushion. No heavy exercise, especially involving the lower body, for 6 weeks. Avoid driving while still taking prescription pain medication.

**What to Expect**- Swelling, bruising and some bloody drainage is normal.

**Signs of Hematoma** - Painful extreme swelling and hardness often accompanied by bruising, usually unilateral causing asymmetry. Please notify us if you have any symptoms you are concerned with.

**Please Purchase these items from your local drug store before surgery**

*Prescription medication*