



## Butt Augmentation Aftercare

### First 72 Hours (Immediate Care)

- No direct sitting on your buttocks for at least 48 hours. Use a BBL pillow or sit leaning forward with weight on thighs.
- Sleep on your stomach or side—avoid putting pressure on your back or buttocks.
- Apply cold compresses (wrapped in a cloth) for 10–15 minutes every hour during the first 24 hours.
- Expect mild swelling, bruising, and redness—this is normal and should improve within a few days.
- Avoid exercise, smoking, alcohol, caffeine, and exposure to heat or steam (e.g., saunas, hot tubs).
- Keep the area clean and dry.

### Medications: Antibiotics & Pain Relief

- You will be prescribed a short course of oral antibiotics as a preventive measure to reduce the risk of infection. Take the full course as directed, even if you feel fine.
- For pain or discomfort, you may take acetaminophen (Tylenol) as needed.  
*Avoid NSAIDs like ibuprofen or aspirin unless cleared by us, as they can increase bruising.*

### Day 3 to 14 (Healing Phase)

- **Massage (Sculptra only):**  
Use the 5-5-5 Rule:  
Massage the treated area for 5 minutes, 5 times a day, for 5 days using gentle pressure and fragrance-free lotion or arnica cream.  
*Do not massage hyaluronic acid filler areas unless specifically instructed.*
- Avoid hot tubs, swimming pools, and baths for at least 7–10 days.



- **Wear loose-fitting, breathable clothing. No compression garments, tight jeans, or synthetic fabrics that may cause friction.**
- **Moisturize the area with a gentle, unscented lotion. Avoid exfoliants, acids, or active skincare ingredients.**

### **Position & Clothing Tips**

- **Continue to sleep on your stomach or sides for up to 3 weeks.**
- **Use a BBL pillow when sitting, especially for long periods.**
- **Avoid any tight, compressive clothing over the buttocks.**

### **Activity Restrictions**

- **Avoid high-impact activities (e.g., jumping, running, heavy lifting, squats) for 3–4 weeks.**
- **Avoid sun exposure or tanning on the area for at least 2 weeks.**
- **No deep tissue massages or body sculpting treatments unless specifically approved by Age Well Dr.**

### **When to Call Age Well Dr**

- **Any sign of infection: increased redness, swelling, pain, pus, or fever**
- **Persistent or growing lumps**
- **Dark, cool, or blotchy skin patches, which may indicate blood flow issues**
- **Severe or worsening pain not relieved by Tylenol**