



BBL aka Brazilian Butt Lift Recovery Checklist

The “Must-Have” items on this checklist are the core essentials you’ll need for a safe and smooth recovery. To make it super easy, all Must-Have products are already organized for you on the website under the Surgery-Specific category, with direct links to each item. Everything else on this list is optional but highly recommended to make your recovery more comfortable, more convenient, and as stress-free as possible. Be sure to also explore the other categories in our Recovery Shop to find additional items based on your personal needs and preferences. Choose what fits for you and build your personalized recovery setup with confidence.

Surgery-Specific Must-Haves

- Surgical bra or compression top (if combined lipo areas require)
- Wedge pillow or wedge pillow set
- Ice packs or gel packs (for lipo areas only — never on fat transfer areas)
- Sterile gloves
- ABD pads / soft gauze
- Mild incision cleanser (if recommended by surgeon)
- Drain holder belt (if drains are used)
- Waterproof mattress protector
- Electrolytes / hydration support
- Standing Desk Adjustable Height – ideal for posture and minimizing sitting
- BBL Pillow for sitting after surgery (home, office, driving)

Procedure-Specific Needs

- Avoid sitting directly on your buttocks for the surgeon’s recommended time (typically 2–6 weeks)

- Use BBL pillow ONLY when necessary — place under thighs, never under buttocks
- Stand or lie on stomach/side during early recovery
- Avoid pressure on fat transfer areas
- Use an adjustable standing desk to minimize prolonged sitting – So important

Additions for Comfort a& Convenience

Visit our Recovery Wear – Pajamas, Robes & Slippers section for:

- Soft, comfortable pajamas with inside pockets
- Robe with inside pockets
- Comfortable slippers – (So important – think memory foam)
- Extra pillows for positioning
- Back scratcher
- Bedside organizer
- Lap desk
- Small table for essentials

Compression and Recovery Wear

- Fajas (Stage 1 & 2)
- Support garments for lipo areas

Daily Hygiene and Personal Care

Visit our Daily Hygiene & Personal Care section for:

- Mild soap
- Shower wipes
- Soft towels
- Dry shampoo
- Antibacterial wash
- Shampoo caps

- Hand soap
- Sterile gloves

Home Setup & Convenience

Visit our Recovery Helpers section for:

- Extra-long phone charger
- Bedside storage bag
- Adjustable bedside table
- Grabber tool
- Small bedside trash bin
- Extra blankets
- Standing desk - So important (For lap top or dinner plate -so versatile & used!)

Emotional Comfort and Sleep Support

Visit our Emotional Comfort & Sleep Support section for:

- Sleep headphones
- White noise machines
- Humidifiers
- Aromatherapy diffusers
- Sleep eye mask

Mind-Body and Inner Recovery

Visit our Mind, Body & Inner Recovery section for:

- Guided meditations
- Restorative sleep audio
- Breathing exercises
- Affirmations

Nutrition and Hydration

- Hydrating fluids (water, electrolytes)
- High-protein shakes & snacks
- Easy-to-digest foods
- Reduce sodium to help minimize swelling
- Avoid alcohol & smoking (slows healing)

Optional Add-Ons

- Electrolyte packets
- Extra compression garments
- Additional foam padding
- Arnica gel (if approved)
- Second BBL Pillow for sitting
- Foam carpet to stand on

Special Care

- Sleep on stomach or sides — avoid direct pressure on buttocks
- Take gentle walks to improve circulation
- Avoid bending/lifting/twisting motions in early weeks
- Wear compression garments exactly as directed
- Avoid alcohol & smoking to support fat cell survival
- Avoid sitting for extended periods — use standing desk setup
- Maintain hydration and nutrition for better healing
- Attend all post-op follow-up appointments

Helpful Tip: Maximizing fat survival after a BBL means avoiding pressure on the buttocks, staying hydrated, wearing proper compression on lipo areas, and using tools like a standing desk and BBL pillow to protect your results during recovery.

Disclaimer: This recovery checklist is for general informational and organizational purposes only. It is not medical advice and does not replace the

instructions or recommendations provided by your surgeon or licensed healthcare provider. Always follow your doctor's specific post-operative guidelines, as they may differ based on your procedure, technique, and individual medical needs. Any product suggestions or recovery tips included here are optional and should be used only if approved by your surgeon. After Surgery Supplies™ and its related materials are not responsible for medical outcomes or recovery decisions made by the patient.

Wishing you comfort, confidence, and a smooth recovery.

Ann Marie