



TAMP A BAY
B O D Y S C U L P T I N G

Lipo360 + BBL Recovery Guide

What to Expect After Lipo360 + BBL

Lipo360 with a Brazilian Butt Lift (BBL) combines comprehensive liposuction of the abdomen, waist, flanks, and back with fat transfer to the buttocks. This procedure enhances body contours by creating a slimmer waistline while adding volume and shape to the buttocks for a more balanced, curvier silhouette.

Recovery from Lipo360 + BBL requires special attention because the transferred fat cells need time to establish a healthy blood supply. Following your provider's post-operative instructions is essential for optimal healing and long-lasting results.

First 24 Hours After Surgery

The first day following surgery is focused on rest, hydration, and recovery. Patients typically experience soreness, swelling, bruising, and drainage from the liposuction sites. Compression garments are usually worn immediately after surgery to support healing and help reduce swelling.

During the first 24 hours:

- Rest and avoid strenuous activity
- Take short walks around your home as directed
- Stay hydrated
- Take medications as prescribed
- Avoid direct pressure on the buttocks

Most patients require assistance from a friend or family member during the first day after surgery.

First Week of Recovery

The first week is often the most challenging part of recovery. Swelling and bruising are typically at their peak, and patients may experience tightness and soreness throughout the treated areas.

During this stage:

- Continue wearing compression garments as directed
- Avoid sitting directly on the buttocks
- Sleep on your stomach or side if recommended by your provider
- Walk frequently throughout the day
- Maintain a healthy, protein-rich diet
- Stay hydrated

Many patients use a BBL pillow when sitting becomes necessary. Always follow your provider's recommendations regarding sitting restrictions.

Weeks 2–4

During the second through fourth weeks, swelling gradually begins to improve and patients often notice early contour changes. While healing is progressing, it remains important to protect the transferred fat cells during this period.

Patients may notice:

- Improved comfort and mobility
- Reduced bruising
- Decreasing swelling
- More visible waistline definition
- Enhanced buttock shape

Continue following all sitting and activity restrictions provided by your surgical team.

Weeks 4–6

Most patients experience significant improvement during this stage. Daily activities become easier and many patients gradually resume normal routines with provider approval.

During Weeks 4–6:

- Swelling continues to decrease
- Body contours become more visible
- Energy levels improve

- Physical activity may gradually increase
- Results continue to develop

While much of the initial healing has occurred, final results are still evolving.

Months 3–6

By this stage, the majority of swelling has resolved and the transferred fat has stabilized. Patients begin to see a more refined waistline, smoother contours, and enhanced buttock shape.

Many patients notice:

- Improved body proportions
- Greater clothing confidence
- More defined curves
- Long-lasting contour improvements

Final results continue to mature over several months.

Lipo360 + BBL Recovery Timeline

Days 1–3

Swelling, soreness, bruising, and drainage are common. Walking is encouraged, but direct pressure on the buttocks should be avoided.

Week 1

Compression garments remain important. Patients focus on healing, hydration, and protecting transferred fat.

Weeks 2–4

Swelling gradually decreases and early contour improvements become noticeable.

Weeks 4–6

Most patients return to many normal daily activities with provider approval.

Months 3–6

Final body contours become more apparent as swelling resolves and transferred fat stabilizes.

Tips for a Smooth Recovery

Avoid Direct Pressure on the Buttocks

Protecting newly transferred fat cells is one of the most important parts of BBL recovery.

Wear Compression Garments

Compression garments help support healing and minimize swelling in the liposuction-treated areas.

Stay Hydrated

Proper hydration supports circulation and overall recovery.

Focus on Protein-Rich Nutrition

Healthy nutrition provides the building blocks your body needs during healing.

Walk Frequently

Short walks promote circulation and help support a healthy recovery process.

Follow Provider Instructions

Your provider's recommendations should always take priority throughout your recovery.

Frequently Asked Questions

How long can I not sit after a BBL?

It is recommended to avoid direct pressure on the buttocks for at least 2-3 months following surgery.

When will I see my final BBL results?

Most patients see significant improvement within a few months, with final results continuing to develop as swelling resolves.

Will some of the transferred fat be absorbed?

Some fat reabsorption is normal. Providers account for this when planning treatment.

How long should I wear my compression garment?

It is recommended to wear your compression garment at least for 3 months

When can I return to exercise?

Light walking is encouraged early in recovery, while more strenuous exercise typically requires provider approval.

Why is walking important after surgery?

Walking helps promote healthy circulation and supports the recovery process.

Disclaimer: Recovery experiences vary by patient and provider. This information is intended for educational purposes only and should not replace the specific post-operative instructions provided by your surgeon or medical team.