DR EYAS MEDANAT

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GUIDES · 360° HOURGLASS SCULPT

Lipo 360 with BBL

Lipo 360 removes fat all the way around the waist, abdomen and back; part of that fat is purified and placed into the buttocks (BBL), and the skin may be tightened at the same time. The first weeks are about wearing your garment and keeping pressure off the buttocks so the new fat survives.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	GOING HOME	GARMENT / DRESSING
3–5 hours	General anaesthetic	The same day or one night	Day and night for 6 weeks

STITCHES	BACK TO WORK	EXERCISE	RESULTS
Removed at 5–10 days	After 10–14 days (desk work)	Light after 4 weeks; full after 6–8 weeks	Shape shows at 6 weeks; final at 3–6 months

2 Before your surgery

Specific to this procedure

- Arrange a BBL pillow before surgery and someone to stay with you for the first 2–3 days.
- Buy loose clothes that are easy to put on over the garment.
- Keep a stable weight; the fat that survives behaves like your own fat afterwards.

Preparing for surgery

2–4 WEEKS BEFORE

- Stop smoking and all nicotine — cigarettes, vapes, shisha, patches and gum — at least 4 weeks before and 4 weeks after surgery. Nicotine narrows the small blood vessels that heal your wounds and is the commonest cause of wound breakdown.
- Complete the blood tests, ECG or other checks we request, and bring any recent results you already have.
- Tell us about every medicine, supplement and herbal product you take, any allergies, and any previous anaesthetic problems.
- If you take the contraceptive pill, hormone therapy, or weight-loss injections (such as Ozempic, Wegovy or Mounjaro), tell us early — some need to be paused before anaesthesia, and we will tell you exactly when.
- Arrange time off work and help at home for the first days, especially if you look after young children.

10 DAYS BEFORE

- Stop aspirin, ibuprofen and other anti-inflammatory painkillers, and supplements that thin the blood: fish oil / omega-3, vitamin E, ginkgo, garlic, ginseng and turmeric. Paracetamol is fine.
- Do not stop any prescribed blood thinner (warfarin, apixaban, clopidogrel and similar) on your own — we will plan this with you and your doctor.
- Avoid alcohol from one week before surgery.
- Let us know straight away if you develop a cold, fever, cough, cold sore or any skin infection — surgery may need to move to keep you safe.

THE DAY BEFORE

- Nothing to eat for 6 hours before your admission time. You may drink plain water until 2 hours before, unless we give you different times.
- Take your usual morning medicines with a sip of water only if we have told you to.
- Prepare your recovery space: extra pillows, loose front-opening clothes, water bottle, phone charger within reach.
- Arrange an adult to drive you home and stay with you for the first 24 hours. You must not drive or take a taxi alone after anaesthesia or sedation.

ON THE DAY

- Shower and wash your hair. Do not apply body lotion, make-up, false lashes, nail polish, fake tan, perfume or deodorant.
- Remove jewellery and piercings; leave valuables at home. Wear glasses rather than contact lenses.
- Wear loose, comfortable clothes that open at the front and flat shoes.
- Bring your ID, your list of medicines, and your compression garment if we asked you to buy one.

3 After your surgery

Your medicines

- Augmentin (antibiotic): 1 tablet twice a day, with food, for 7 days. Finish the full course even if you feel well. Tell us before surgery if you are allergic to penicillin.
- Reparil (for swelling and bruising): 2 tablets three times a day for 7–14 days, as we tell you.
- Brufen (painkiller): take it only when you need it, with food. If you cannot take anti-inflammatory painkillers — for example because of stomach ulcers, kidney problems or asthma — tell us and we will give you an alternative.
- Fusidic acid cream (antibiotic cream): apply a thin layer on the wounds twice a day, after showering, until they have healed.

Protecting the buttocks

- Do not sit or lie directly on your buttocks for the first 2–3 weeks, as we tell you.
- When you must sit, use the BBL pillow under your thighs so the buttocks hang free, and keep it short.
- Sleep on your front or your side.
- After that, sit normally a little more each week; avoid long sitting until week 6.

Garment and movement

- Wear the garment day and night for 6 weeks; take it off only to shower.

- Walk gently every hour while awake from the first day — it protects you from blood clots.
- Drink plenty of water and eat enough protein; do not diet in the first 6 weeks.
- No smoking or nicotine for 4 weeks — it kills the transferred fat.

Wounds and swelling

- Pink fluid leaking from the small openings for 1–3 days is normal; use absorbent pads.
- Shower from 24–48 hours; pat the openings dry and cover them until healed.
- No baths, pools, sea, sauna or steam for 3–4 weeks.

- Swelling, bruising, numbness and firm areas are expected; lymphatic drainage massage starts when we advise.

4 Your recovery, week by week

Day 1–3
Leakage, swelling and soreness; short walks.

Day 5–10
Stitches removed; lymphatic drainage begins.

Weeks 2–3
Short sitting on the pillow; back to desk work.

Week 6
Garment off; normal sitting; light gym.

Months 3–6
Swelling resolves; final shape.

Call us straight away if you notice

⚠ Sudden shortness of breath, chest pain, or coughing blood — call 998 immediately.

⚠ Pain, swelling or redness in one calf.

⚠ One buttock or area becoming much more swollen, hard, hot and painful than the other.

⚠ Light-headedness or fainting that does not settle with lying down and drinking.

⚠ A temperature of 38 °C or higher, shivering, or feeling generally unwell.

⚠ Bleeding that soaks through the dressing, or does not stop after 10 minutes of firm pressure.

⚠ Swelling that is sudden, tense and painful, or clearly larger on one side than the other.

⚠ Redness that is spreading, increasing heat, pus, or a bad smell from a wound.

⚠ Pain that is getting worse rather than better, or not controlled by the medicine we gave you.

⚠ Pain, swelling or redness in a calf, or new breathlessness or chest pain — call 998 first.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.