

POST-SURGICAL RECOVERY GUIDE · 05

Lymphatic drainage after a BBL

Here's the tricky part about a BBL.

You've got two very different areas healing at once... the liposuction areas that need fluid moved out, and the new fat in your buttocks that needs to be left alone to settle in.

Knowing the difference is everything.

01

What's happening in your body

A Brazilian butt lift is really two surgeries. Fat is removed by liposuction, usually from the abdomen, flanks, back and sometimes thighs. Then some of it is transferred into the buttocks.

The donor areas behave like any liposuction area: they swell, feel heavy and are at risk of lumps and fibrosis if fluid sits too long.

The grafted fat is fragile. Transferred fat has to build a new blood supply to survive, and pressure during that window can harm it. That's why firm massage on the buttocks is off the table early on.

That's why every BBL plan has to protect one area while draining the other.

02

What we treat, and what we don't

We do treat: the lipo donor sites. Gentle drainage moves fluid out and lowers the chance of lumps and fibrosis.

We don't treat: the grafted fat during the early healing window. Most surgeons ask for no firm massage on the buttocks for roughly the first 6–8 weeks. We follow your surgeon's exact instructions, and we'll ask for them at your first visit.

03

Your recovery timeline

WHEN	WHAT'S TYPICAL	HOW WE SUPPORT YOU
Week 1	No sitting, sleeping face-down or on your side, very swollen	Rest, walking, compression
Days 5–14	Donor areas heavy and tight	First session, with surgeon clearance
Weeks 2–8	Donor swelling eases, graft settling	1–2 sessions per week on donor areas only

WHEN	WHAT'S TYPICAL	HOW WE SUPPORT YOU
Weeks 8–12	Fat graft more stable, donor areas may be firm	Weekly or as needed. Fibrosis work if needed.
Months 3–6	Final shape emerges	Tune-ups as needed

04

Your Renu BBL plan

First session: often 5–10 days after surgery, with your surgeon's okay. Some clinics prefer closer to two weeks.

How many sessions? Similar to 360 lipo: often 6–10 sessions over 6–8 weeks, more if a large volume was removed. The rule of thumb of about two hours of lymphatic work per litre removed is a useful guide.

Every session includes a check-in, tissue assessment of the donor areas, lymphatic drainage, a compression and foam check, and home-care coaching.

05

What a session feels like (and how we position you)

No lying on your back and no sitting on your graft. We work with you side-lying or face-down with supportive bolsters, so there's no pressure on your buttocks at any point. Your BBL pillow is welcome here.

Strokes are light and rhythmic, just enough pressure to move lymph. We start at the neck and armpits, then work the flanks, back and abdomen.

06

What we will never do

- Apply firm pressure to your grafted buttocks in the early weeks
- Ask you to sit or lie on your back

- Push fluid out through incision ports
- Use heat, cavitation or aggressive devices on fresh tissue

07

At home between sessions

- ☐ Follow your surgeon's sitting and sleeping rules to the letter
- ☐ Wear compression as prescribed, including foam over the lipo areas
- ☐ Walk often. Gentle movement keeps lymph moving.
- ☐ Deep belly breathing several times a day
- ☐ Skip heat, deep massage tools and "lump-busting" devices unless your surgeon recommends them

WHEN TO GET MEDICAL HELP

Call your surgeon if...

- Fever over 38°C, chills, a racing heart or sudden exhaustion
- Spreading redness, heat or a hard, hot area on the buttocks
- Sudden severe buttock pain
- A wound that opens, or cloudy or foul-smelling drainage
- Skin that turns dark or dusky
- Calf pain or leg swelling, chest pain or shortness of breath (call 911)

09 · QUESTIONS

Your questions, answered

Can you do lymphatic massage on my butt after a BBL?

Not firm massage in the early weeks, and never without your surgeon's okay. We focus on the lipo donor areas instead.

How soon after a BBL can I get lymphatic drainage?

Often 5–10 days after surgery, once your surgeon clears you.

Will lymphatic drainage make me lose fat from my BBL?

No. MLD is very light and moves fluid, not fat. We also stay off the grafted area during early healing.

Do I have to sit during the appointment?

No. You'll be side-lying or face-down the whole time.

How many sessions do I need after a BBL?

Often 6–10 over the first two months, depending on how much lipo was done.

Can lymphatic drainage help with lumps in my lipo areas after a BBL?

Yes. Early drainage helps prevent fibrosis, and we add gentle fibrosis techniques if lumps have formed. See our fibrosis after liposuction guide.

WHY RENU

Not all "lymphatic massage" is the same.

After surgery, you're trusting someone with healing tissue. Here's what you get at Renu.

Led by a Certified Lymphedema Therapist with 10 years' experience. Our post-op and lymphedema program is led by Meeghan Mackenzie, RMT since 2005 and a Certified Lymphedema Therapist since 2016. Meeghan earned her CLT through the Academy of Lymphatic Studies' 135-hour Complete Lymphedema Certification, which covers Manual Lymph Drainage and Complete Decongestive Therapy, the same standard used to treat lymphedema after cancer. She is one of roughly 350 CLTs in Canada.

Trained in the world's leading lymphatic methods. Beyond her CLT, Meeghan has trained in:

- Vodder Manual Lymph Drainage, the original method developed by Dr. Emil Vodder and the foundation of lymphatic therapy worldwide
- Földi, the German school behind Complete Decongestive Therapy, named for the Földi Clinic in the Black Forest, one of Europe's leading lymphology centres
- Chikly Lymph Drainage Therapy, which teaches therapists to feel the rhythm, direction and depth of lymph flow, map pathways by hand, and work with scar tissue and fibrosis

That combination lets us choose the right approach for your body and your surgery, not a one-size-fits-all routine.

Over 20 years of hands-on experience, with a clinical focus on oncology, lymphedema and surgical recovery.

Registered Massage Therapy receipts for your extended health plan.

Honest care. We tell you what lymphatic work can do, what it can't, and when you need your surgeon instead.

What to look for in any post-op therapist:

- A regulated health licence (in Alberta, an RMT, physiotherapist, OT or nurse)
- Formal lymphatic or lymphedema certification, not a weekend course
- Light, comfortable technique. If it hurts, it isn't lymphatic drainage
- No pushing fluid out of incisions
- Clear, published pricing, and willingness to work with your surgeon

FOR YOU TO KEEP

My recovery notes

Bring this page to your sessions. It helps us plan your care around your surgeon's instructions.

PROCEDURE

SURGERY DATE

SURGEON AND CLINIC PHONE

CLEARED FOR LYMPHATIC DRAINAGE ON

COMPRESSION INSTRUCTIONS

SESSION DATE	HOW I'M FEELING · NOTES



GIVE FRESH LIFE OR STRENGTH TO.

YOUR NEXT STEP

Planning a BBL, or just had one?

Message us your surgery date and we'll help you map out when to start... and what's safe when. Call 403-270-2111 or book at renu.janeapp.com.

BOOK ONLINE

renu.janeapp.com

CALL

403-270-2111

VISIT

200, 209 19 St NW
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HOURS

Monday to Friday 8:00 am to 8:30 pm
Saturday and Sunday 10:00 am to 5:00 pm

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This guide is general education to support your recovery. It doesn't replace the advice of your surgeon or medical team. Always follow your surgeon's instructions, and seek medical care for any of the warning signs listed in this guide.

RENU HEALTH & WELLNESS INC. · GUIDE REVIEWED SEPTEMBER 2026