

## **Thigh Lift (Thighplasty) Post-Operative Instructions**

### **Instructions**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

### **Activities**

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Social and employment activities can be resumed 2-3 weeks after surgery.
- Avoid strenuous exercise and activities such as sports for 3-6 weeks.

### **Incision Care**

- You may shower 48 hours after removal of the drainage tubes.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.

### **What To Expect**

- There will be swelling and discoloration for 2-3 weeks, possibly longer.
- There may be numbness around the operative areas.
- There may be postoperative pain.
- You will have to purchase a compression garment to bring with you the day of surgery. This garment is to be worn for 6 weeks after surgery.
- You will be provided with a garment booklet to assist you with your purchase.

### **Appearance**

- Scars should be high enough to be covered by shorts or conservative bathing suits.

**Follow-Up Care**

- Sutures are removed in 10-14 days.

**When To Call**

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- **For Questions, Please Call:**
- (310) 598-2648