

# RICHMOND PLASTIC SURGEONS

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## THIGH LIFT POST-OPERATIVE INSTRUCTIONS

**GARMENT:** You will be in a compressive garment following the procedure. This should be worn at all times except when showering. There may be a small amount of oozing from the incisions for the first day or two, especially if you also had liposuction. This is normal. The garment should be washed when it gets soiled. The garment should be worn around the clock for the first two weeks. Wear loose-fitting clothing that does not rub across the incisions.

**ACTIVITY:** Take it easy for the first several days. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children. However, do not remain constantly in bed. You should walk at least three times daily, with assistance if needed. While you are seated or in bed, you should elevate your legs on a few pillows for the first 72 hours.

**BATHING:** You may shower one day after surgery unless you are instructed differently by your surgeon. No tub baths or swimming for two weeks. Your incisions are usually covered with skin glue which eventually falls off on its own. The incisions may get wet in the shower, letting the water run over them, then just pat everything dry. If the skin glue has not fallen off, you may start to scrub it in the shower or peel it off at one week after surgery. If you are having spotting from any of your incisions, replace the gauze bandages or pads after each shower and as needed.

**SURGICAL DRAINS:** see JP drain instruction sheet.

**MEDICATIONS:** take as directed. Do not drive while taking narcotic pain medications. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle.

**PHARMACY:** Your prescriptions were sent electronically to the following pharmacy: \_\_\_\_\_

**EXERCISE:** You may resume non-strenuous activities as tolerated two weeks after surgery. Normal activity can be instituted one month after surgery, starting slowly, and increasing as your body allows. Weight training, cardio workouts, cross fit, sexual activity, and other vigorous activity should not be started until six weeks following surgery.

**INCISIONS:** It is normal to have reddish drainage from the incisions for the first few days. Change gauze bandages or pads as needed to soak up any drainage. If it is persistent, excessive, or uncontrolled bright red blood, call the office immediately at 804-285-4115, or go to the closest emergency room. It is not uncommon for thigh incisions, especially those located in the groin crease, to open slightly after surgery. The vast majority of the time this heals on its own, with local wound care measures, without any significant effects. If your incisions open or separate, please notify the office.

**SWELLING:** Swelling of the surgical site is normal. Gravity pulls the edema (swelling fluid) downward, so this tends to settle in your lower legs, ankles, and feet. This will resolve with time, but you should elevate your legs while you are seated or in bed to help alleviate any swelling you may be having.

### FOLLOW-UP APPOINTMENT:

( ) Your appointment is scheduled for \_\_\_\_\_.

West Creek Office of Richmond Plastic Surgeons  
1630 Wilkes Ridge Parkway, Suite 201  
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons  
14401 Sommerville Court  
Midlothian, Virginia 23113

( ) Please call **804-285-4115** to schedule an appointment for \_\_\_\_\_.