

Thighplasty (Thigh Lift) 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 a balanced diet. You may want to add more raw fruit to your diet and increase fluid intake in order to avoid constipation.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.

Do not drink alcohol when taking pain medications. Alcohol causes fluid retention. Even when not taking pain medications, avoid alcohol for 3 weeks.

If you are taking vitamins with iron, resume these as tolerated.

Smoking delays healing and increases the risk of complications. Do not smoke.

ACTIVITIES

Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots.

Do not drive if you are taking any pain medications and you have full range of motion with your arms.

Do not lift anything greater than 5 lbs. for 6 weeks.

Sexual activity may be resumed as comfort permits, usually 2-3 weeks.

Avoid straining the thigh and buttock muscles. Restrict strenuous exercise and activities for 6 weeks.

Return to work usually in 2-4 weeks.

INCISION CARE

You may shower 48 hours after removal of the drainage tubes.

Avoid exposing scars to sun for at least 12 months. If sun exposure is unavoidable, use a strong sunblock (SPF 30 or greater).

Keep steri-strips on; replace them if they come off.

Keep incisions clean and inspect daily for signs of infection.

Do not soak in tub while sutures or drains are in place.

Soft support underpants may be worn, and you may pad incision with dressings for comfort.

Sleep with a pillow under your knees and with your head elevated on 2 pillows.

WHAT TO EXPECT

You may experience temporary pain, soreness, numbness of thigh and buttock skin, or discomfort in the incision area.

Maximum discomfort will occur during the first few postoperative days.

You will have bruising and swelling of the lower back, thigh, and buttock area. The majority of bruising and swelling will subside in 6-8 weeks.

You may feel tired for several weeks or months.

APPEARANCE

You should notice improvement in the contour and shape of the thigh and less sagging of the buttocks.

You will walk slightly bent forward and gradually return to normal posture over next 3 weeks.

Scars will be reddened for 6 months, after which they will fade and soften.

FOLLOW-UP CARE

Drains will be removed when they produce less than 30 ml of fluid for 24 hours.

Surface stitches will be removed after 7-10 days.

A support garment may replace dressing on incision.

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.

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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.