



## **Postoperative Instructions for Thigh Lift**

Your greatest discomfort will be the first 24-48 hours after surgery. Take your pain medication as prescribed. Take the pain medication with crackers, toast, soup or liquids to avoid nausea that can occur on an empty stomach.

Avoid aspirin, Ibuprofen, Motrin, Advil, Aleve, etc. for 2 weeks after surgery. These products have a tendency to increase drainage and bruising.

### **DRESSINGS**

Most of your sutures will be absorbable and will not require removal. Some of your deep sutures will be permanent. These sutures sometimes need to be removed after surgery if they cause a problem with pain or infection. Usually they do not cause a problem and are left in the body.

### **ACTIVITY**

You may shower 24 hours after surgery with assistance. If you have a dressing, remove the entire gauze dressing. Do not soak in a tub, hot-tub, pool or lake.

You will need to ask your surgeon about how long to stay out of work depending on the type of thigh lift.

Limit your activity to daily routine. Avoid lifting, pushing or pulling objects over 5lbs. This will cause pressure and stress on your surgery area. Also avoid squatting or heavy leg activity.

If you smoke, please refrain for a minimum of 14 days before and one month afterwards. Smoking restricts the blood supply and affects the healing process.

Check with your surgeon before resuming exercise or driving.

### **SLEEPING**

Avoid sleeping on your stomach until all soreness has subsided. You may find sleeping with 2-3 pillows under your head and/or 2 pillows under your knees may be more comfortable because sleeping in a flexed position puts less stress on your thigh and groin area.

### **COMPLICATIONS**

Call your physician if any of the following occur:

- Severe pain not responding to pain medication
- Excessive pain with swelling in groin, thigh, or leg area with redness, warmth or hardening
- Bleeding or odorous drainage that does not subside

**IF YOU HAVE QUESTIONS, PROBLEMS, OR AN EMERGENCY, PLEASE CALL 602-653-0540**