

Thighplasty **POST OPERATIVE INSTRUCTIONS**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet and drink plenty of fluids.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. It is also recommended take a stool softener of your choice while taking narcotics.
- Take pain medication as prescribed. Do not take aspirin or any products contains aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- 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 medication (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 after your postoperative appointment (48 hours).
- Avoid exposing scar 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 such as redness, heat, oozing/dishcharge.
- No soaking in water until incisions are healed.

Your post operative appointment is scheduled for 2 days after surgery.

You post operative appointment is: _____

PLEASE CALL THE PA PHONE LINE IF YOU DEVELOP ANY OF THE FOLLOWING

- Fever of 101F or higher
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul discharge from incision site.
- Persistent nausea/ vomiting.
- Any other medical concerns.

Thanks,

Ditto Surgical
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