



Thigh Lift Recovery Guide

WITH DR. NICHOLAS WINGATE

Follow-Up Appointments

We're with you every step of the way:

- Day 1: Initial post-op visit
- Week 1: Early healing evaluation
- Week 4: Progress check
- Week 16: Results evaluation and photographs

Before Surgery

To help ensure a smooth recovery:

- Avoid aspirin, Advil, ibuprofen, NSAIDs, fish oil, and omega-3 supplements for 10 days prior to surgery, unless specifically cleared by Dr. Wingate.
- Refrain from all anti-inflammatory medications for 1 month before surgery.
- Arrange for someone to drive you home and stay with you for the first few days following your procedure.

Returning to Normal Activities

- Most patients return to work (desk jobs) within 1-2 weeks.
- Swelling and soreness may persist for a few weeks but generally improve steadily.
- You can typically return to full physical activity and gym routines by 6 weeks post-op, once cleared by Dr. Wingate.

Compression Garments

- You'll leave your procedure in a compression garment covering your thighs.
- Please have two snug, easy-to-manage garments ready prior to surgery.
- Wear your compression garment consistently for 6-12 weeks to support healing, minimize swelling, and optimize results.

Managing Discomfort

- Liposuction may be included in your procedure. It is typically performed using local anesthesia, which remains effective for 4-8 hours.
- Fill your prescriptions before surgery so they are ready when you return home.
- Most patients are comfortably managing discomfort with Tylenol + Advil by day two or three.
- Movement may feel restricted at first - gentle walking and compression help ease soreness.

Surgical Drains

- You may have one surgical drain per thigh, which is typically removed in-office within 1 week.
- Drain care instructions will be reviewed in detail at your pre-operative appointment.
- When showering, a lanyard or long necklace is helpful for clipping the drains so your hands remain free.

Showering & Bathing

- You may begin showering 2-3 days after surgery, unless instructed otherwise.
- Avoid soaking in tubs, pools, or hot tubs until cleared by Dr. Wingate.
- Use a gentle, fragrance-free soap to keep the area clean without irritation.

What to Expect: Normal Healing

- Swelling and bruising are normal and will improve over the following weeks and months.
- You may experience tightness, puffiness, or uneven swelling - these are all part of the natural healing process.

For Optimal Results:

- Avoid overexertion for the first 4-6 weeks
- Wear your compression garments consistently
- Stay hydrated and follow all post-op instructions
- Engage with lymphatic massage specialists as outlined by Dr. Wingate

At Wingate Plastic Surgery, your recovery is as important to us as your results. Please don't hesitate to reach out if you have any questions or concerns. We're here to guide and support you throughout your healing journey.