



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

# Thighplasty



## Pre/Post Operative Instructions

Important Information from Dr. Rohit Jaiswal, MD  
at DrSkin Plastic Surgery, Regenerative & Medical Spa

## Congratulations!

Congratulations on successfully undergoing your surgery! This document has been meticulously crafted to guide you through the post-operative process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Jaiswal and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.

### Before Surgery

Please stop taking the following two weeks before surgery: Aspirin, Ibuprofen, Aleve, Fish Oil, Red Wine, Multi-Vitamins and/or Vitamin E.

If you take blood pressure or diabetes medications, continue these as normal.

No smoking or vaping for 4 weeks prior to surgery and 2 months after surgery.

### Day of Surgery

Please arrive at the instructed time and facility.

Take a shower with the medicated antibacterial soap, if prescribed.

### After Surgery

Take medications as directed.

Be sure to finish your antibiotic course if prescribed.

Compression garments should be kept in place for 2-3 months and scar treatments should be used.



## 🕒 POST OPERATIVE TIMELINE

- **0-7 days:** There will be significant swelling and bruising. Keep wraps on until you see Dr. Jaiswal or one of his staff. You can shower the day after surgery. Start getting lymphatic massages as soon as you feel comfortable.
- **1-2 weeks:** Swelling will start improving. Bruising will gradually fade. The skin glue should start peeling off. Limit walking.
- **4 weeks:** Swelling should be improving though still present. Bruising should be gone. Start scar treatment if desired. Start walking more.
- **1-3 months:** Swelling will continue to improve. Continue scar treatment. Exercise is ok. Decrease frequency of massages.
- **3-12 months:** Final results will become apparent. Scarring will continue to fade. Compression garments can be removed. Massages can stop. Diet and exercise should continue. If any revisions are needed, they can be considered at this time point only.

## 🛡️ MEDICATIONS

You will be prescribed medications as part of your post-operative care. It is essential that you obtain these medications prior to your surgery. Once acquired, please take a photo of your medications and send it to us to confirm that you have received all the necessary prescriptions.

Post-operative care is a critical component in facilitating the smoothest and most successful recovery. For this reason, it is crucial that you adhere carefully to the following instructions:

- **Avoid:** Aspirin, Ibuprofen, Benadryl, all supplements until cleared by Dr. Jaiswal.

- **Activity restrictions:** Limit exercise for 1 month. Limit walking for one month. No sex for 1 month at least.

- **Sleeping:** Sleep on your back with your thighs elevated on 2-3 pillows. Optional to sleep with a compression wrap.

- **Expectations:** It can take 6 months (or longer) to see the final results. Some recurrence of looseness is inevitable.

- **Being reasonable:** Surgery is meant to create an improvement, NOT perfection! There may be small areas after healing you wish looked a little better this is NORMAL. Everyone has imperfections, even after surgery. You can choose to focus on the improvement or choose to focus on what you wish was different, what you focus on will determine your satisfaction.

- **Happiness:** Surgery, or changing your appearance, won't make you happy by itself. While improving your appearance can make you more confident, it is not meant to perform a psychological makeover. Happiness comes from choice and gratitude. Being able to afford and undergo plastic surgery is a luxury billions of people around the world do not have. Understand this and have gratitude you are fortunate enough to get a procedure done!



## IMPORTANT SUPPLEMENTS

### Protein

Why should I take this supplement? Protein is necessary for healing. Having an open wound and/or undergoing surgery increases your protein requirements.

**Side effects:** Avoid if you have kidney disease or are on dialysis.

### Glutamine and Arginine

Why should I take this supplement? Glutamine and Arginine are amino-acids which help with wound healing.

**Side effects:** Common side effects include gastrointestinal issues. Arginine should be avoided in patients with low blood pressure.

### Vitamins and Minerals

Why should I take this supplement? Certain vitamins and minerals help wound healing. Surgery can increase how much you need and they can be used to improve wound healing.

#### Vitamin A

**Side effects:** Patients with abnormal liver function or malnutrition can accumulate leading to side effects. Side effects include dry mucous membranes, vomiting, headache, muscle or bone pain, and hair loss.

#### Vitamin C

**Side effects:** This is relatively well tolerated except in patients with a history of kidney stones. Common side effects are gastrointestinal issues.

#### Vitamin D

**Side effects:** In patients with a history of kidney stones, Vitamin D can result in an increased risk.

#### Zinc

**Side effects:** Common side effects are gastrointestinal issues.

### Omega-3 fatty acids

Why should I take this supplement? Omega 3 fatty acids can help with wound healing, inflammation and preventing infection.

**Side effects:** Common side effects include gastrointestinal issues.

### Probiotics

Why should I take this supplement? Your body's natural intestinal flora serves a wide range of functions including immunity, healing, and nutrition. Surgery and especially antibiotics can alter the normal function of your intestines leading to poor healing immunity, nutrition, and motility.

**Side effects:** Common side effects are bloating and diarrhea.

### Homeopathic Therapies

**Curcumin-** a natural compound found in turmeric, a spice. Why should I take this supplement? This supplement is an anti-oxidant that can help wound healing and prevent infection.

**Side effects:** None known

**Arnica-** extracted from Arnica montana, a plant that grows in the Swiss Alps. Why should I take this supplement? This supplement can decrease bruising and swelling.

**Side effects:** None known

**Bromelain-** an enzyme found in pineapples. Why should I take this supplement? This supplement can decrease bruising, swelling, and sometimes pain.

**Side effects:** None known



Dr. Rohit Jaiswal, MD



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## MEDICATION TO AVOID 2 week before and 2 weeks after surgery

### A

Advil  
Aleve  
Alka Seltzer  
Anacin  
Anexsia  
Anodynos  
APC  
Arthritis Pain Formula Ascriptin  
Aspergum Asphal Aspirin B-A

### B

Bayer  
Bayer Decongestant Bayer Timed Release BC Tablets  
Buaa-A Compound #3 Bufferin

### C

Cama  
Campron Capsules Cogespirin  
Cope  
Coricidin

### D

Damason  
Darvon  
Dolcin  
Dolene Compound Dolor  
Duradyne  
Duragesic

### E

Ecotrin  
Empirin  
Equagesic  
Excedrin

### F

Feldene  
Fiorinal  
Fizri Powder Gemnisyn

### I

Ibuprofen

### M

Measurin  
Meprogesic  
Midol  
Mobic  
Momentum  
Motrin

### N

Naprosyn  
Nilain  
Norgesic Novahistine

### P

Pabirin  
PAC  
Panodynes Percodan  
Persistin

### Q

Quiet World Tablets

### R

Relafen  
Robaxisal Sal-Fayne Stanback  
Tablets Stanco

### S

Super Anahist Synalgos Talwin  
Traminicin Trigesic Vanquish  
Viromed

### W

Way Cold Tablets Zactirin



## PRODUCTS TO AVOID 2 weeks before and 2 weeks after surgery

- Alcohol (ok in moderation only)
- Chinese herbs
- Dried Leech Extract
- Echinacea
- Garlic (ok in food but don't take capsules)
- Ginger (ok in food but don't take capsules)
- Gingko (watch out for at juice bars as "memory enhancer" additive and Ginseng
- Protein Powders containing Vitamin E
- Omega Fish Oil
- Red Wine
- St John's Wort
- Vitamin E (ok in Multiple Vitamin, but don't take extra)

DrSkin Med Spa | (480) 904-3311 | 1458 N Higley Rd, Suite 102, Gilbert, AZ 85234

[drskinmedspa.com](http://drskinmedspa.com)

