

THIGH LIFT POST-SURGERY INSTRUCTIONS

MEDICATION

Please do not take Vitamin E, aspirin, Bufferin or any medicine containing ibuprofen (ie.Motrin) 10 days before surgery. Tylenol is fine to use as a mild pain reliever before and after your surgery. You will also be given prescriptions for pain medication and antibiotics to take to take after your surgery. The pain medicine can be taken every 4-6 hours if needed but the antibiotics should be taken until all the pills are gone. It is OK to start taking ibuprofen 36 hours after surgery. This may be taken with your prescription pain medicine and will let you stop taking the prescription medicine more quickly.

CLOTHING

Please wear comfortable, loose fitting clothing for the first two weeks after surgery.

ACTIVITY

The tissues of the thigh are relatively fragile after surgery and it is important to minimize the stress on them. In order to do this its best to take small steps, avoid prolonged sitting and try not to spread the legs apart too much for at least the first 2 weeks after surgery.

Please try to walk several times a day, beginning the day after surgery. When sleeping, it is fine to lay on either your back or your side.

BANDAGES

The area will have a dressing on for the first week. While these dressings are waterproof, it's best to either take a sponge bath or to shower avoiding wetting this area for the first week. If water does get under the bandage, that is OK. Please call our office and we will have you come in to get the bandage changed.

If you have drains, they will be removed about a week after surgery.

