



# THIGHPLASTY

## Postoperative Care

DR. COURTNEY  
PLASTIC SURGERY

### **POST-OP:**

You will need to rest frequently the first week. You may walk around the house as tolerated. Do not bend over or Hyper-flex at the hips. Do not go up or down steps. Avoid picking up anything greater than 1-2 lbs the first week. The doctor will advise you when you can start lifting anything heavier.

- **1 week follow up:** Will remove any drainage, if needed.
- **3 week follow up:** Prineo tape and belly sutures will be removed. Start massage therapy. Purchase stage 2 garment if necessary.
- **6 week follow up:** Cleared from restrictions.

### **DIET:**

Start with light and soft meals. As you get more comfortable, you may progress to regular food. Drinking fluids is very important after surgery; at least 1 quart a day (about a liter). Try to drink non-caffeinated fluids.

### **ACTIVITY:**

Allow yourself to rest following surgery. It is fine for you to get up and use the restroom or to walk around inside your house. But, it is not fine for you to attempt exercising at any level until instructed to do so by Dr. Courtney.

### **SHOWER:**

You may gently sponge bathe for the first few days after surgery and you may shower regularly 4 days after surgery. You will require some assistance to remove the compression garments and getting into the shower.

### **DRESSING:**

You will have steri-strips along the incision line. These stay on until your first post-op appointment. You may have oozing of blood from the incision for 24-48 hours. You may lightly tape gauze over the incision. You may also want to sit on an absorbent pad to protect the furniture.

### **CLOTHING:**

For ease in changing clothes without discomfort, wear clothing that fastens in the front for the first few days and on the day of surgery.

### **MEDICATION:**

All your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Do not to take pain medication on an empty stomach; it can cause nausea.

### **PROBLEMS:**

If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email [Elsa@drcourtney.com](mailto:Elsa@drcourtney.com)

Print Name:

Signature:

Date Received