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Instructions for skin reduction to thighs

1. *Please return home and limit activities for 24 hours. Have someone assist you.*
2. *You may start with liquids as tolerated and progress to solid food if there is no nausea.*
3. *Take the prescribed pain medication as needed. Do not take pain medication on an empty stomach. Alcohol must be avoided while taking any form of pain medication.*
4. *Swelling and bruising are expected. Please keep the dressings secure.*
5. *Apply ice packs to the incision area for 48 hours.*
6. *Okay to shower 48 hours after surgery. Reapply the compression garment after your shower. A compression garment should be worn on the thighs for at least 3 weeks to get the best result.*

If you have any questions post-operatively, please give me a call at 767-7575