

Pre and Post-Operative Instructions for Thigh Lift

Charleston Plastic Surgery

You have undergone major surgery. For a speedier recovery, please follow these instructions:

- Someone must be with you for the first 24-48 hours following surgery. This is to make sure you are taking our medicine properly, to assist you when walking if needed, and to get in touch with us if needed.
- You may experience a sore throat after surgery. This is common after anesthesia and will clear up in a few days.
- NAUSEA: Mild nausea is common after surgery. If you have moderate to severe nausea, please use Phenergan suppository as directed. If vomiting occurs, use ice chips until clear liquids can be tolerated.
- PAIN: You will be given prescription medications for pain and muscle spasms, please take as directed on the bottle. Starting the day after surgery we want you to take Ibuprofen 200mg, 4 times per day. You will be taking this in addition to your prescription pain medication to help reduce inflammation and swelling. When you are off the prescription pain medicine during the day, you are welcome to increase the Ibuprofen to reduce inflammation/swelling AND for pain. You may take Tylenol if you are allergic to Ibuprofen or if you are not allowed to NSAIDS. Please do not exceed 3200mg of Ibuprofen or 4g of Tylenol per day. Remember, narcotics may cause constipation, please drink plenty of water. You may use a stool softener if you have not had a bowel movement in 3 days.
- SMOKING: No nicotine is tolerated at least 4 weeks prior to surgery and for at least 8 weeks after surgery. Avoid secondary smoke. Nicotine will constrict blood vessels, leading to poor wound healing.
- DRIVING: Do not drive a car or operate machinery until you are cleared by your doctor. When riding in a car, lie as flat as possible.
- EXERCISE/ACTIVITY: Please be sure to walk around the house the day after surgery to prevent post-operative complications. Please be sure to have assistance when you first get out of bed. Gradually work up to your normal daily routine. For the first week, you should not lift anything greater than 10lbs and walking should be your only form of exercise. Further lifting instructions will be given to you at your first post-operative appointment but typically you should not lift anything greater than 30lbs and only low impact exercises from week 2 to week 6.
- REST: When you return home from surgery, please try to rest as much as possible for the first 24-48 hours. You should lie as flat as possible, but you may rest your head on 1-2 pillows. When you need to get out of bed, please be sure to move your legs together and try to avoid sitting. If you spread your legs apart, this could lead to complications. When you begin to walk, shorten your stride to take smaller steps. When sitting on the commode, please keep legs together as much as possible. *It is imperative that you begin light walking around the house the day after surgery to prevent post-operative complications.* Example: When you get up to use the restroom, take a lap around your house. Please be sure someone is with you when you get up for the first time.
- COMPLICATIONS: If you experience a sudden fever of 101 or greater, increased swelling, redness, heat, or profuse bleeding please call our office for advice: 843-722-1985

Specific Instructions:

- You can expect to have one or two drains in place when you wake up from surgery. These are suction drains that are very simple to care for. The drainage bulb must stay compressed. If the bulb is not compressed, the drain is inactive. Drainage must be measured and recorded at least twice daily. Most often, drainage will be the consistency and color of blood for the first 24-48 hours. Drainage may start to decrease but it will start to increase with activity around 48-72 hours. Bloody drainage may start to become clear and can turn red, orange or yellow. This is normal as long as there is a clear tint to the drainage. If there is pus or green drainage, please contact our office.
- You will leave surgery in a girdle. You will wear this girdle 24/7. You may remove the girdle for showering and to launder. Drains will typically be removed 5-7 days after surgery depending on your drainage. Antibiotics are required while a drain is in place. You will need to purchase a Spanx like garment to wear after the girdle. Additional information will be given at your follow up appointments.
- You will return to our office at 48 hours after surgery. We will perform your first dressing change and offer further instructions at this appointment. Please leave the gauze in place until this appointment.
- After your first post-operative appointment, you will be instructed to shower when you return home. *Please be sure to shower daily, after the first post-operative appointment to prevent wound infection.*
- You may start a Sitz bath with Epsom salt starting at 48 hours. Instructions for this will be given to you at your first post-operative appointment.