

## **PRE AND POST OPERATIVE INSTRUCTIONS FOR THIGH LIFT**

### **BEFORE SURGERY**

- Please read all of the information in your pre-op packet three times: immediately after your appointment, the day before surgery and again after surgery to ensure that you will remember the details.
- By planning ahead, you can have a more relaxed recovery phase. Fill your prescriptions, stock your home with comfort foods and arrange a comfortable place to sleep. Do not be alone the night of surgery; plan to have someone stay with you. Remember that you will need a ride to the first and second post-op appointments as well.
- **NO SMOKING** one month before and after surgery. Smoking impedes healing.
- Start taking Arnica Forte the night before surgery.

### **THE DAY OF SURGERY**

- Make sure you do not eat, drink, smoke or chew anything except essential medications (as approved by your doctor) 8 hours prior to surgery. You may take a small sip of water with your Dramamine the morning of surgery.
- Know where to go, when to be there, and please **DO NOT FORGET**
  1. Your pre-op packet
  2. Your garment
- Wear comfortable clothing, preferably something you do not have to pull over your head.

### **THE FIRST WEEK**

- The car ride home can cause nausea, so taking a Dramamine prior to discharge can help prevent a problem. A scopolamine patch (looks like a spot bandage) may be placed on your inner arm or behind your ear in pre-op. This helps with nausea for three days and can be removed per the instructions.
- No intercourse for a minimum of two weeks.
- Minimal activity of the first week after surgery.
- 1-2 drains may be required. If asked, drainage amounts should be logged and taken to each postoperative visit for the surgeon to review.
- Leave the surgical compression garment on until instructed otherwise. This will decrease the risk of seroma (collection of fluid) formation in the postoperative period.
- No **HOT** or **WARM** compresses.
- No **COLD** or **ICE** compresses to the area.

You can expect:

- Moderate discomfort, which should be relieved by the pain medications.
- Moderate swelling and bruising around the arms.
- There may be some bloody drainage on the dressings.
- Clear liquid oozing from the incision.

Call the office if you experience:

- Severe pain not responding to pain medications.
- Excess swelling or swelling that is greater on one side than the other.
- Incisions that appear to be opening or becoming very red, hot to the touch or containing pus.
- A fever.
- Bright red blood in drains that seems to be clotting.
- Call if you have any questions.

#### LONGER TERM

- No smoking for a minimum of 2 months following surgery.
- You will be able to return to non-strenuous work approximately 2 - 4 weeks after surgery.
- At approximately 6 weeks post op, strenuous activity will be allowed.
- Sometime around the 8th week after surgery you will be allowed to resume all activities.
- Scars will flatten and fade between 3 months and 2 years after surgery.
- It is very important that the compression garment be worn exactly as instructed during the post-operative period and scar care performed.