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WWW.ADVANCED PLASTIC SURGERY.COM

**THIGH LIFT**  
**POSTOPERATIVE INSTRUCTIONS**

Your greatest discomfort will be within the first 24-48 hours after your surgery. Take your pain medication as prescribed. Take the pain medication with crackers, toast, soup or liquids to avoid nausea that can occur on an empty stomach.

Avoid aspirin, Ibuprofen, Motrin, Advil, Aleve, etc. for 2 weeks after your surgery. These products have a tendency to increase drainage and bruising.

We will have you take Vitamin C 2000 milligrams per day to help decrease the postoperative bruising. Take these for seven days following your surgery.

**DRESSINGS**

Your dressing consists of Dermabond Tissue Sealant (clear glue).

You can have some bruising or swelling for 2-3 weeks.

Most of your sutures will be absorbable and will not require removal. Some of your deep sutures will be permanent. These sutures sometimes need to be removed after surgery if they cause a problem with pain or infection. Usually they do not cause a problem and are left in the body.

**ACTIVITY**

You may shower 24 hours after surgery with assistance. If you have a dressing, remove the entire gauze dressing. With the Dermabond dressing you can shower without concern. Do not soak in a tub, hot-tub, pool or lake.

You will need to ask your surgeon about how long to stay out of work depending on the type of thigh lift.

Limit your activity to daily routine. Avoid lifting, pushing or pulling objects over 5 lbs. This will cause pressure and stress on your surgery area. Also avoid squatting or heavy leg activity.

If you smoke, please refrain for a minimum of 14 days before and one month afterwards. Smoking restricts the blood supply and retards the healing process. Please refer to our **Smoking Policy**.

Check with your surgeon before resuming exercise or driving.

**SLEEPING**

Avoid sleeping on your stomach until all soreness has subsided. You may find sleeping with 2-3 pillows under your head and/or 2 pillows under your knees may be more comfortable because sleeping in a flexed position puts less stress on your thigh and groin area.

**COMPLICATIONS**

Call your physician if any of the following occur:

- Severe pain not responding to pain medication.
- Excessive pain with swelling in groin, thigh, or leg area with redness, warmth or hardening.
- Bleeding or odorous drainage that does not subside.

**IF YOU HAVE QUESTIONS, PROBLEMS, OR AN EMERGENCY, PLEASE CALL  
410-427-5555**

Pain medications may cause constipation. You may take an over the counter stool softener, i.e. Metamucil, Surfak, Colace, or Docusate to avoid constipation. Take 1 stool softener a day as needed along with pain medication.

We recommend Florastor to be taken once a day as long as you are on Antibiotics; this is available over-the-counter.