

CARE AFTER THIGH LIFT

ACTIVITY

- **Please ensure you get up and walk around every hour while you are awake.**
When sitting or lying pump your feet up and down at regular intervals when awake to increase your circulation, minimizing the risk of blood clots.
- **Please ensure you are doing deep breathing and coughing** for 3-4 days following your surgery each hour while you are awake (breathe in through your nose and out through your mouth three times on the third breath out give a big cough).
- Avoid lifting anything over 5lbs for the first week after surgery. You may lift up to 10lbs during the second week. You must avoid strenuous activities and exercise for about six weeks.
- Please avoid walking your dog for the first week of surgery. The sudden tug or jerking action may cause bleeding.
- While resting try to elevate your lower body, no standing for long periods of time.
- If applicable, you can resume sexual activity when you feel comfortable. Generally waiting 6 weeks is adequate; however, every person may feel differently.

MEDICATION

- Please do not take any Advil, Ibuprophen, Aspirin, Motrin or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you are still experiencing constipation, speak to your pharmacist about taking a laxative.
- Take Tylenol instead of your narcotics when you feel able.
- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

WOUND CARE & SHOWERING

- Please shower on the second day after surgery. Someone needs to be present with you when you are having your first shower after surgery and the bathroom door should not be locked, as you may become dizzy and fall. **DO NOT TAKE A BATH** or go into a hot tub/pool, as the incisions should not be submerged in stagnant water for ~5-6 weeks. It is important to keep this area clean and dry.

- Remove all outer layers of your dressings before showering. You may have a lightweight mesh over your incision which will be stuck to your skin, it has been coated with a skin adhesive to create a strong, flexible seal that protects against water and bacteria. Leave this portion of the bandage on, it will be removed at your 2 week follow up visit.
- Continue to wear your compression garment for 6 weeks after surgery.
- If you have compression stockings on these are to be worn for two weeks day and night, taking off only to shower.
- The garment and the TED stockings should be hand washed with water and laundry soap as needed. You can then put them in the dryer on a gentle, low heat tumble dry. We recommend you wash your garments and then put them in to dry while you have your shower, so they are ready to be put on when you are done.

WHAT TO EXPECT

- You may have a bit of pink/reddish tinged leakage/weeping from your incision site. This is normal and is expected. Place an old towel on your bed when sleeping or sitting. You will have extra gauze provided to you. Just place the gauze over top of your incision sites as reinforcement. This will settle over time.
- You may have a fair amount of aching and burning at your incision site. This should begin to get better after 3-4 days. If your pain does not get better, please call the office.
- Moderate swelling is normal and is maximal at day 2-4. It will gradually improve over the next 3-4 weeks.
- You will see the office nurse for a post-operative visit approximately 2 weeks after surgery. If you have not been given an appointment, please call the office to arrange one.
- You will see your surgeon for a post-operative visit approximately 3 months after surgery.
- If concerns arise prior to your scheduled visit, please contact the office.

Please note that you will NOT be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE or as long as you are taking narcotics.** This is the law.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

If you have any questions or problems, please do not hesitate to call the office at 519-746-1132, or in an emergency situation after hours, you may contact Dr. Shenker

directly at 905-531-1864. In the event that you cannot reach Dr. Shenker and you need attention urgently, please go to your nearest emergency department.

Last Medication Dose received:

Acetaminophen 1000mg (2 tablets) @ _____ (pain reliever)

Celebrex 100mg @ _____ (pain reliever/swelling)

Docusate Sodium 100mg start tonight

Your last narcotic dose was @ _____