

Thigh Lift

Post Operative Instructions

Wound Care

- Leave dressings in place until your first post operative appointment (1 week)
- You may sponge bathe until bandages come off.
- If you have drains, make sure you are stripping them and recording the drainage output daily.
- Once your bandages are off, you will still have steri strips over the incisions. These will stay on for 2-4weeks. Do not pull these off.
- Expect swelling and bruising, especially in the first few days after surgery. This is normal and will gradually subside.
- Elevate your legs while resting to help reduce swelling, particularly in the first few days.

Pain Management

- Take any prescribed pain medication as instructed, especially in the first few days after surgery. Make sure you are drinking plenty of water & taking a stool softener as well.
- You may also be given medication to prevent infection, so be sure to take it as prescribed.

Movement & Activity

- Avoid strenuous physical activity (e.g., heavy lifting, intense exercise, running or walking for long periods of time) for at least 6 weeks.
- Walk around gently and as tolerated to promote circulation but avoid overexertion or bending over excessively.
- Avoid sitting or standing in one position for too long to help with circulation and minimize swelling.
- **NO SMOKING** during the recovery process, as it impairs circulation and delays healing.
- You may drive once you are not taking pain medication and feel like you are able to comfortably drive a vehicle.

Contact your surgeon immediately at 601-987-6581 if you experience:

- Increasing pain
- Increased redness, warmth, or thick discharge at the incision sites
- Fever greater than 100.4
- Difficulty moving your legs or severe swelling