TOTONCHI
PLASTIC SURGERY

Care after Thigh Lift

This page contains answers to frequently asked questions regarding your care after a thigh lift. This information will help you remember the instructions given to you after surgery.

Appearance:

- For most thigh lifts, a custom fit garment will have been placed on you just after your surgery. This garment holds the dressing materials over your incisions.
- You may see some drainage on these bandages, this is normal.
- Your drains are held in place with stitches to your skin and should always be supported to avoid pulling on the drain.
- Initially, a custom fit garment is used, but other lighter stretch garments can be used starting 3 to 4 weeks after the surgery.
- After 6 weeks, you may choose to not wear a support garment for brief periods of time. After 12 weeks, you may discontinue all support garments.

Activity/Bathing/Sleeping:

- You should walk every day, but have someone assist you for the first few days.
- You may find that sitting will be more uncomfortable than standing or lying down for a few days.
- **You should NOT do any heavy lifting, greater than 5-10 lb, or strenuous exercise for 6 weeks.**
- If your job does not require heavy activity, you may go back in about 2-3 weeks.
- You may drive when you are no longer taking narcotic medication and feel comfortable.
- You normally can shower **after your first dressing change** using a mild fragrance-free soap such as Ivory or Dove. Avoid using very hot water.
- Your thighs will be tender, so wash this area gently and pat dry with a clean towel. Allow the area to fully dry before putting on your garment (usually ½ hour.) We will inform you when it is safe to take baths.

Drain/Incision Care:

- Your drains are held in place with stitches to your skin and should always be supported to avoid pulling on the drain.
- Monitor your drain output daily and record on the sheet given at your pre-operative appointment. Please bring the drain sheet to your post op appointments. The “How to care for your drain” pamphlet has more detailed information.
- Drains are generally removed within 7 to 10 days after your surgery.

We are always available if you have any questions, please call 440-461-7999.

- Once we have removed your dressings, clean your incisions with a Q-tip and warm water; then apply bacitracin to your incisions. Do this at least twice a day.
- After 1 week of applying bacitracin, please switch to Aquaphor or moisturizing lotion.
- You will be given elastic tube gauze for your arms at your 1 week post-operative appointment. You will wear these arm wraps for 4 weeks.
- Avoid sun exposure and wear sunscreen with an SPF of 50+ to the incisions if sun exposure is unavoidable.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- Do not drink alcohol for seven days after your surgery or while taking narcotic pain medicines
- Limit your salt intake to help decrease swelling.
- Please refer to the "Medications and Foods to Avoid" List provided in your Pre-Surgical email sent

Medications:

- We will prescribe a pain medication for you and we may also have you take an antibiotic. Follow the directions on the bottle for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home, and do not attempt to drive while you are taking prescription pain medication.
- A few days after surgery, most patients will find that Tylenol will take care of the discomfort
- **Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.**

Post-Operative Appointments:

- You will normally be seen in the office 4-5 days after your surgery for your first dressing change.
- Additional appointments are at about 2 weeks, 6 weeks, and 6 months after surgery to monitor healing. Additional appointments may be necessary.

Post-Operative Concerns: Urgent problems after thigh lift do not occur frequently. These are the complications that will require a change in your post-operative care:

- **Hematoma** (blood collecting under your incisions) can occur within a few days of your surgery. The warning signs are:
    - Severe pain that does not respond to medication
    - Significant swelling in one or both thighs
    - Excessive or growing bruising
- **Infection** is rare following thigh lift. It is normal to have a small amount of drainage from the incisions for a few days. Signs of infection are:
    - Increased temperature

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    - Increasing drainage from the incisions
    - Increasing redness around the incisions
- **Leg swelling** If you have a large amount of leg swelling (either one or both legs), or if you experience pain in your lower legs, contact the office immediately.
- **Breathing problems** after thigh lift are rare but can be a serious complication. If you develop any chest and/or back pain or shortness of breath you must contact our office or be seen in the nearest emergency medical facility without delay.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact the office.