

# Thigh Lift

## Showowering and incision care

You may start to shower 48 hours after surgery. However, you will need to wait until after the sutures are removed before you can soak the incision in a bathtub or pool. You may resume normal activity in one or two weeks.

## Activity

Exercise your lower extremities while you are in bed. This will reduce the risk of developing blood clots in your legs.

\*Flex and point your feet

\*Do ankle rolls

\*Bend and straighten your knees

Do this several times a day until you are walking as much as usual

You may walk and climb stairs as soon as you feel fit to do so without any restrictions.

Do not lift anything over 10 pounds for 2 weeks after surgery.

Do not take part in sports or any strenuous activities for 4 weeks after surgery

## Smoking

Do not smoke for at least 6 weeks before and after surgery. Stay away from places where people do. Smoking can slow healing and cause skin breakdown. It can also cause death of tissues.

## Sun and heat exposure

Your surgery will leave a scar and it may take well over a year to fade and blend in with surrounding skin. No matter how small the scar, sunlight can cause permanent darkening of your scar. Sunlight can even go through your clothes.

Do not expose your incision/scar to direct sunlight for a year from the time of surgery. Use sunscreen with a SPF for at least 30 when you go out. Wait for 3 weeks from the date surgery before starting to use sunscreen.

Do not use heat of any kind (heat lamp, heating pad, sauna, hot tub, tanning booth) for at least 12 weeks after surgery or permanently if you have areas of decreased sensation around the scars.

## Other instructions

For 10 days after the operation, do not use Aspirin, ibuprofen or similar medications. Please see enclosed list for details. You may use regular Tylenol.

You should do breathing exercises for one week after surgery or until you are able to get up and walk around comfortably. This is to prevent pulmonary complications of general anesthesia.

**Do not drive, operate machinery or make important decisions** when taking narcotic pain medicine. They can make you sleepy and slow your reaction time.

Do not use any scar creams or ointments on the incision without consulting your surgeon.

# When to call

Call the office if you are unable to tolerate food or liquids for more than 24 hours; are vomiting for more than 24 hours or become dehydrated even if less than 24 hours.

Call the office immediately for a fever of 101F or higher.

Call the office if there is increasing pain, redness, swelling, and warmth or pus drainage at the incision.