



## THIGH LIFT

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (480) 423-1973.

- Minimal activity of the first week after surgery
- Leave the surgical compression garment on until instructed otherwise. This will decrease the risk of seroma (collection of fluid) formation in the postoperative period
- No HOT or WARM compresses
- No COLD or ICE compresses to the area

You can expect:

- Sutures to be removed between 2 - 4 weeks post operatively
- Moderate discomfort, which should be relieved by the pain medications
- Moderate swelling and bruising of the legs
- There may be some bloody drainage on the dressings
- Clear liquid oozing from the incision

Call the office if you experience:

- Severe pain not responding to pain medications
- Excess swelling or swelling that is greater on one side than the other
- A bright red spot on the bandage which continues to enlarge
- Incisions that appear to be opening or becoming very red, hot to the touch or containing pus
- A fever
- Bright red blood in drains that seems to be clotting
- Call if you have any questions

**As time goes by and you are healing**, the following guidelines apply:

- No intercourse for a minimum of six weeks. Continue to be careful for the next two weeks
- No smoking for a minimum of 2 months following surgery
- You will be able to return to non strenuous work approximately 2 - 4 weeks after surgery
- Approximately 4 - 6 weeks post op strenuous activity will be allowed
- Sometime around the 8th week after surgery you will be allowed to resume all activities
- Scars will flatten and fade between 3 months and 2 years after surgery
- It is very important that the compression garment be worn exactly as instructed during the post operative period