

# POSTOPERATIVE INSTRUCTIONS AFTER THIGH LIFT

## 1. Dressing Care

- Leave compression garment and dressings in place.
- You may have drains in place; record drainage and bring record to next office visit.
- Instructions regarding dressing care will be reviewed at first post-op appointment.
- You may shower when instructed.

## 2. Activity Restrictions

- Engage only in sedentary activity; avoid strenuous activity – no lifting, bending, etc.
- No physical activity for 2 weeks.
- Keep legs elevated when not ambulating.

## 3. Diet

- No restrictions on eating.

## 4. Medications

- Take prescribed pain medication as needed.
- DO NOT TAKE ANYTHING with aspirin or aspirin-like drugs for 10 days after surgery.
- Use Tylenol for mild discomfort; for more severe pain, use prescribed medication.
- Take antibiotics as directed (Remember: antibiotics may make birth control pills ineffective).

## 5. What to Expect

- Compression garment is to be worn until Dr. Olding discontinues and all the swelling, bruising and discomfort have resolved.
- You may experience some pain, burning, swelling and bleeding.
- You may experience stiffness, soreness and bruising.
- If bruising increases after 7-10 days, please notify the office.
- **MUST GET COMPRESSION SOCKS 20-30 mmHg (COMPRESSION)**

*If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at (202) 741-3241** or the plastic surgery **fellow on call at (202) 715-4141.***