

THIGH LIFT POST-OPERATIVE INSTRUCTIONS

Supplies to have at home before surgery:

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)
- Constipation medications (examples: Senokot, Restoralax)
- Medical gauze

Activity:

- Thigh lift dressings are difficult to keep clean. For this reason, your dressings will be comprised of skin glue and sterile tape.
- Small amounts of bleeding can sometimes occur through the tape. If this happens, apply firm pressure with gauze or a clean towel for 20 minutes. If bleeding persists, call the clinic or Dr. MacArthur.
- Post-operative swelling and bruising is to be expected
- Each hour, get up and walk around the house
- You may shower 48 hours after surgery
- If you have difficulty controlling your stream direction while urinating, a funnel or cup can be used to prevent contamination of the incisions
- Avoid excessive physical activity or lifting objects greater than 10 lbs for 4 weeks after surgery
- Do not drive until you have full range of motion of your legs and can sit comfortably
- Don't sleep with pets in bed for the first two weeks after surgery
- Avoid smoking or exposure to second-hand smoke
- No baths, swimming, or hot tubs for four weeks after surgery
- If you have drains, please follow the drain care post-op form instructions

Medications:

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**

- Antibiotic (cephalexin or clindamycin) is to be started the morning after surgery until completed. If you were not prescribed antibiotics you do not require them for your surgery.
- Constipation medications can be taken according to package instructions if no bowel movement for 2 days after surgery
- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

First Post-operative Appointment:

- Your dressing tape will be removed at this appointment
- All sutures used in this operation will dissolve on their own
- Swelling, bruising and some degree of asymmetry is expected at this appointment

Wound Care:

- Any dried blood along the incision lines can be safely removed with the use of a Q-tip dipped in hydrogen peroxide or warm water. This can be done twice a day, followed with a thin application of Polysporin to the incision line.
- Do not continue to apply Polysporin to the incision line daily past 1 week. This can result in a rash or allergic reaction.

Recovery:

- Scar massage with moisturizer can begin 2 weeks after surgery
- Sunscreen is extremely important. The use of SPF 45 or higher along the incision line will prevent pigment changes due to sun exposure. This can be started 2-3 weeks after surgery. This needs to be done while wearing a bathing suit or light clothing.
- Thigh lift scars can remain red for 6 months before they begin to lighten

RED FLAG SYMPTOMS:

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Sudden increase in swelling at the surgical site
- Increasing pain, redness, foul odour or drainage from the incision
- Sudden increase in swelling in the cheek, jawline or neck
- Fever exceeding 38.3°C
- Persistent bleeding from an incision

- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

Do not hesitate to call with any questions or concerns.

Clinic business hours (9AM to 4 PM): 613-595-1880

After hours: 613-219-9636 (Dr. MacArthur Cell)

Patient signature: _____

Date: _____

RN signature: _____

Date: _____