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## Thigh Lift Post-Op

- **BINDERS:** You will be given an abdominal binder at your postoperatively visit in a week from surgery date. The purpose of your binder is to help contour your skin. It should be worn continuously for 4-6 weeks except during showers. The first time you remove this garment, please have someone by your side due to possible dizziness.
- **TENSION:** To decrease tension on the incision and allow better circulation, sleep and rest bent at the waist, back elevated with several pillows, and your knees bent with a pillow underneath. Use lots of pillows to help you get comfortable. You will need to sleep and rest in this position for at least one week. Also, you will need to walk bent at the waist to decrease tension.
- **SKIN:** Check the skin twice daily. Notify Dr. Taylor's office immediately if your skin appears dark purple, grey, or black. Discoloration of this skin could be a circulation problem and must be assessed promptly.
- **STERI-STRIPS:** Steri-strips are adhesive strips that support the incisions in their early stages of healing and prevent widening of scars. Please leave the steri-strips on until they begin to come off naturally. You may gently wash over the steri-strips with anti-bacterial soap. Do not trim or pull any sutures. The long tails of sutures are needed when removing them in 5-7 days.
- **BLEEDING:** Small amounts of oozing and bleeding are common and expected. Feel free to change the gauze as needed at home. If the bleeding is more than a slow staining of the dressings, apply firm pressure for 20-30 minutes. Should heavy bleeding occur, apply firm pressure and call the office immediately at 479-521-1500.
- **DRAINAGE TUBES:** You will have a small drainage tube coming from one or more areas of your incisions. Refer to drain tube instructions for further care.
- **SHOWERING AND BATHING:** You may shower 24 hours after surgery. Water does not harm healing incisions. Strictly avoid tub baths, hot tubs, swimming pools, oceans, and lakes until the incision is completely healed and no longer forming scabs. You may use antibacterial soap in the shower, but be gentle on your incisions.
- **PAIN:** Pain is expected after any surgery. Please follow instructions given to you with your pain medications. You must wait 24 hours after anesthesia and until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would

endanger yourself and others.

- **ACTIVITY:** Do not lift anything over 5 pounds for 2-3 days. As you begin to resume normal activity, refrain from any action that causes pain. If it hurts, don't do it. You should not return to weight lifting, aerobic exercise, or any high impact activities for 4 weeks. The doctor will let you know when you may resume these activities, based on how you feel.
- **DIET:** Dr. Taylor recommends a low carbohydrate diet. No more than 30 grams of carbohydrates per day for 2-3 weeks after surgery will help your body excrete the excess fluid and swelling. This diet will help you see more defined results before 6-9 months.
- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chills), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**
- **HEMATOMAS:** Hematomas are the collection of blood and fluid under the skin. They are rare, but must be reported immediately. A hematoma is evidenced by significant swelling under the skin which may appear to be growing. If you see evidence of a hematoma, contact Dr. Taylor's office immediately.
- **NUMBNESS:** You may have some numbness and tingling on the surgical areas worked on. This may take weeks to several months to completely disappear.

**If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.**

I understand and have received a copy of the post-op instructions

Signature: \_\_\_\_\_ Date: \_\_\_\_\_