

AFTER THIGH LIFT SURGERY

ACTIVITY

It is important to rest the first few days after surgery, this allows the body to heal. Activity raises the blood pressure and may cause post-operative bleeding at the operated area. You may go for short walks and perform light activities around the home as you feel able. You can resume normal activity by approximately 6 weeks after surgery.

MEDICATIONS

Avoid Aspirin (Acetylsalicylic Acid or ASA) as this thins the blood and may lead to post-operative bleeding. It should be avoided for one week following surgery. Tylenol is an excellent medication for relief of pain. **DO NOT SMOKE.** Smoking dramatically increases any chance of complications around the time of your surgery. You should refrain from smoking for one month after your surgery (and then why not quit all together!). Second hand smoke should also be avoided. Nicotine patches and/or gum are also detrimental to post-operative healing and should not be used.

DRESSINGS

Do not remove the tensor bandage or change the dressing for 2 days after discharge. After three days you may change the gauze and reapply the tensor once daily or more often as needed. If **no** drains = After 48 hrs from discharge, wash the affected area once daily. This keeps the incisions clean and helps prevent infection. The best way to do this is to take a shower and allow the water to run over the operated area. Do not aim the water directly at your incisions as this will be painful. When you have finished washing, gently pat your incisions dry and apply gauze and then your tensor bandage. Once drains are removed, you may shower after 48 hours post drain removal. Do not take a bath or swim for two to three weeks following surgery. There are numerous small tapes applied to the incisions at the time of surgery. **Leave the white paper tapes in place.** (you may apply more if they have slipped off of your incision). These will be changed at your follow up visit.

THINGS TO WATCH FOR

Infection: You should feel better each day after your operation. Redness, increasing swelling, increasing pain, discharge or a fever, all may indicate infection. If any of these things occur call Dr. Fortin's office, your family doctor or go to the nearest emergency department.

Bleeding: A small amount of red or yellow discharge from a fresh incision is normal for up to five days after surgery. If bleeding is persistent, call Dr. Fortin's office or go to the nearest emergency department.



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FOLLOW-UP

Dr. Fortin would like to see you in the office one week after surgery if you have a drain in place. Your sutures will dissolve on their own, however there are usually some sutures that need to be removed along with the white paper tapes at two weeks from discharge.

PLEASE NOTIFY THE OFFICE IF YOU HAVE SOUGHT OUT ANY MEDICAL ATTENTION 10 DAYS POST SURGICAL PROCEDURE

If you have any questions regarding your surgery please call Dr. Fortin's office.

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