



Plastic & Hand Surgery
ASSOCIATES, LLC

POST-OP INSTRUCTIONS AFTER A THIGH LIFT

1. Always wash your hands with antibacterial soap before changing your dressings or touching your incisions.
2. Take all medication as prescribed. Finish the whole prescription of antibiotics. You may discontinue your pain medication as tolerated and switch to Ibuprofen or Tylenol.
3. You will be sent home in a girdle. This girdle is to be worn at all times.
4. Do not remove dressings until your post op clinic appointment.
5. You will need assistance putting on girdle. The tag should be on the outside of the girdle. Step into the girdle, lie down and have someone assist with hooks and zippers.
6. Bruising and swelling is expected and normal. This may last for 2-4 weeks.
7. Activity should be limited. No straining or lifting greater than a milk carton. You should be up walking as tolerated. You are never on bed rest!
8. You may alternate your pain medication and your muscle relaxer in order to have continued pain relief. If taking them at the same time helps with the pain better that is also fine. Make sure to keep pain managed, do not let it get severe before medicating.
9. Notify you doctor if a temperature of greater than 101 degrees develops and lasts longer than 24 hours or if there are any signs of **infection** (redness at incision site, warmth, tender or hard, foul smelling drainage from incision) or hematoma (sudden swelling and coal black bruising). Contact your physician at **601.939.9999 or 1.866.939.4999**.
10. If you cannot reach your physician and immediate attention is needed please go to your nearest emergency room.

Note: The purpose of our after-hours on call service is for emergencies. If you have a routine questions, that is not answered above, please wait until after 8.30am the following morning to call our office, and we will be more than happy to answer any and all questions.