

## **AFTER YOUR THIGHPLASTY**

- After surgery you will be sent home wearing gauze and an ace wrap bandage. If you have had liposuction of the back, hips, or thighs, you will be placed into a compression garment. Under that dressing you will have either hypoallergenic brown or dermabond tape on your incisions. You may also have one drain on either side of your thighs. There will be antibiotic impregnated discs around your drains and these will be covered with a secure dressing.
- Once home, a raised toilet seat from a medical supply store can assist you in toileting, preventing incisional opening. Please irrigate incisions that get soiled with a solution of betadine.
- You will have layers of absorbable sutures and possibly some non-absorbable sutures along your incision line. We will remove the non-absorbable sutures at your first post-operative visit in the office one week after surgery. Please call the office to make your appointment.
- You will have a drain on both thighs to remove blood and fluid that accumulates after surgery. Please read the accompanying drain care instruction sheet for information on emptying and recording your drainage. You may not shower with the drains in place. Sponge baths are okay. Your drains will be removed 1-2 weeks after surgery. Bring your drain record with you to your office visits.
- You may not get into a hot tub, pool, lake, river or ocean until all the incisions are fully healed and there are open areas; this usually takes 6-8 weeks.
- Take your antibiotics and pain medications as directed.
- Your activity is limited to walking for the first two weeks post-operatively. Do not sit at any time for the first two weeks after surgery, except to use the toilet. You may climb stairs if necessary.
- You may not smoke or be in the company of second hand smoke for 6 weeks after surgery.
- Do not lift any object heavier than 5 lbs for 6 weeks. Avoid cardio- activities and all sports for 6 weeks. After 6 weeks, you may gradually return to all strengthening and impact activities. Sexual activities may be resumed after 6weeks.

- Avoid bending at groin and knee area. Elevation of legs while reclined assists in alleviating fluid retention.

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