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Thigh Lift Aftercare Instructions

- It is important to be up and about after surgery, and to take deep breaths. This helps avoid post-operative problems such as deep vein thrombosis.
- Take your pain pills with a light snack. If taken on an empty stomach, they can cause nausea. Take fiber (Metamucil) or a stool softener (Dulcolax) while on the pain medication, as the pain pills cause constipation. Stay on a soft diet for 2-3 days.
- Keep your drainage bulbs collapsed and record time and amounts of drainage over a 24-hour period. All patients heal differently according to many factors. Dr. Camp will make the decision regarding drain removal and necessity of office visits. (Generally, the drains will be removed when the drainage is 30cc or less in a 24-hour period, which usually occurs in 7-10 days.) You may shower with the drains in place. Make sure someone is with you at your first shower!
- Wear support garment continuously for 7-10 days. We will do the 1st dressing change in our office.
- You will have a surgical tape over your incision. This will protect the incision for 3 weeks. You can shower with the surgical tape in place. After the tape is removed, one 50 gram tube of Biocorneum scar gel will be provided to maximize wound healing beginning at week 3. This is to be applied twice daily to the scar for 3 months.
- **Please contact Dr. Camp immediately at any sign of infection which would be signaled by fever, increased pain, new redness or swelling in the surgical area.**

(over)

POST-OP

Please do not drive for 7-10 days

Do not lift anything heavier than 20 lbs for 3 weeks

It is good to be up and about to stretch your legs, but keep your heart rate less than 100 beats per minute for 3 weeks. Do not run, lift weights, play tennis, or golf for 3-4 weeks after surgery. You may begin swimming 4 weeks post-operatively

GENERAL INSTRUCTIONS

Moderate swelling of your legs is to be expected. You may find that your clothes may not fit as easily as before. Be patient. The swelling will gradually subside, and you will be back to normal in 3 to 6 months.

Because of the removal of tissue from your thighs, there is a certain amount of tightness that is to be expected. This will slowly relax within 6 months.

Some suggestions to ease abdominal discomfort or indigestion after surgery:

- Drink a lot of water – 8 glasses a day!
- Drink warm liquids (tea or coffee)
- Prune juice mixed with 7-Up (half and half) for mild constipation
- If severely constipated use Miralax first as it is a mild but effective laxative, Phillips Milk of Magnesia, Colace stool softeners, and fleet enemas (regular or oil retention) as a last resort.
- Walking helps the circulation in legs.

It is important to be seen by Dr. Camp after your initial post-op checks. He will see you at your initial follow-up appointments at 1 week and 3 weeks. You may schedule future followups as needed.

If you have an urgent matter such as a suspected infection, please text Dr Camp 612-208-4179.

If you have general recovery questions, please contact the office during business hours **612-424-2767 or scheduling@echelonspecialists.com.**