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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 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.
- Drains may be inserted as part of your procedure. If you have drains, 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!
- You can use the ace wraps as compression garments, but they should not be too tight that they cause discomfort. Some patients are more comfortable switching to a Spanx like thigh garment after surgery. We have some in our clinic if you would like to request one at a followup visit.
- You will have a surgical tape over your incisions. This will protect the incision for up to 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.**
- **If you are experiencing a medical emergency, dial 911 or go to an emergency room.**

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POST-OP

Please do not drive for 7-10 days while taking prescription pain medication

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 at least 3 weeks after surgery. At your three week incision check, Dr Camp can advise you on which activities you can begin returning to as tolerated.

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 if drains are placed and 3 weeks for your incision check. 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 after hours on weekends, please also text the office line at 612-424-2767.

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

