**PRE AND POST OPERATIVE INSTRUCTIONS FOR THIGH LIFT**

BEFORE SURGERY

* !  Please read all of the information in your pre-op packet three times: immediately after your appointment,  the day before surgery and again after surgery to ensure that you will remember the details.
* !  By planning ahead, you can have a more relaxed recovery phase. Fill your prescriptions, stock your home with comfort foods and arrange a comfortable place to sleep. Do not be alone the night of surgery; plan to have someone stay with you. Remember that you will need a ride to the first and second post-op  appointments as well.
* !  NO SMOKING one month before and after surgery. Smoking impedes healing.
* THE DAY OF SURGERY
* !  Make sure you do not eat, drink, smoke or chew anything except essential medications (as approved by your  doctor) 8 hours prior to surgery. You may take a small sip of water with your Dramamine the morning of  surgery.
* !  Know where to go, when to be there, and please
* DO NOT FORGET
  1. Your pre-op packet
  2. Your garment
* !  Wear comfortable clothing, preferably something you do not have to pull over your head.
* THE FIRST WEEK
* !  The car ride home can cause nausea, so taking a Dramamine prior to discharge can help prevent a problem.  A scopolamine patch (looks like a spot bandage) may be place on your inner arm or behind you ear in pre-  op. This helps with nausea for three days and can be removed per the instructions.
* !  No intercourse for a minimum of two weeks.
* !  Minimal activity of the first week after surgery.
* !  1-2 drains may be required. If asked, drainage amounts should be logged and taken to each postoperative  visit for the surgeon to review.
* !  Leave the surgical compression garment on until instructed otherwise. This will decrease the risk of seroma  (collection of fluid) formation in the postoperative period.
* !  No HOT or WARM compresses.
* !  No COLD or ICE compresses to the area.  You can expect:
* !  Moderate discomfort, which should be relieved by the pain medications.
* !  Moderate swelling and bruising around the arms.
* !  There may be some bloody drainage on the dressings.
* !  Clear liquid oozing from the incision.

Call the office if you experience:

* !  Severe pain not responding to pain medications.
* !  Excess swelling or swelling that is greater on one side than the other.
* !  Incisions that appear to be opening or becoming very red, hot to the touch or containing pus.
* !  A fever.
* !  Bright red blood in drains that seems to be clotting.
* !  Call if you have any questions.  LONGER TERM
* !  No smoking for a minimum of 2 months following surgery.
* !  You will be able to return to non-strenuous work approximately 2 - 4 weeks after surgery.
* !  At approximately 6 weeks post op, strenuous activity will be allowed.
* !  Sometime around the 8th week after surgery you will be allowed to resume all activities.
* !  Scars will flatten and fade between 3 months and 2 years after surgery.
* !  It is very important that the compression garment be worn exactly as instructed during the post-operative  period and scar care performed.