

THE FIRST GLANCE

Thigh Lift (Thighplasty) Post-Operative Instructions

Supplies to have at home:

- **Your prescription medications**
- **Gravol** (oral medication *and* suppositories)
- **Stool softener** (ie: *Restorolax/Lax-a-Day/Senokot*). Used to prevent constipation- ****start if no BM for 2 days**
- **Reactine** (anti-histamine to help with itchiness associated with medications or wound healing)
- **Flexible gauze wrap** (ie: Johnson & Johnson 3" or 4" soft gauze roll)
- **Hypoallergenic Paper Medical Tape** (3M or similar)
- **Antibiotic ointment such as Polysporin; and peroxide**
- **Gatorade** (or similar)

Medications:

Take all medications as prescribed, ensure you finish your entire course of antibiotics.

Follow all instructions which may accompany the medications such as: taking with food, avoiding alcohol and driving restrictions.

Remember, pain is expected, the goal is to make the pain tolerable.

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet. You may want to add more raw fruit to your diet and increase fluid intake in order to avoid constipation.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol for 3 weeks.
- If you are taking vitamins with iron, resume these as tolerated.
- Smoking delays healing and increases the risk of complication. Do not smoke.
- Do not sleep with pets in the bed.

Activities

- Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots.
- Do not drive if you are taking any pain medications.
- Do not drive until you have full range of motion with your legs and can sit comfortably.
- Do not lift anything greater than 10 lbs for 2 weeks.
- Sexual activity may be resumed as comfort permits, usually 2-3 weeks.
- Avoid straining the thigh and buttock muscles. Restrict strenuous exercise and activities for 6 weeks.
- Return to work in 2-4 weeks.

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Incision Care

- You may shower 48 hours after removal of the drainage tubes.
- Avoid exposing scars to sun for at least 2 months.
- Keep steri-strips on; replace them if they come off.
- Keep incisions clean and inspect daily for signs of infection.
- Do not soak in tub while sutures or drains are in place.
- Soft support underpants may be worn, and you may pad incisions with dressings for comfort. Incontinent pads (Poise Ultra) make great absorbent dressings.
- A support garment may replace dressing on the incision.

Drain Care

- Empty drains as instructed and document drainage. Drains are removed once drainage is less than **30cc over 24 hours**. *If you are from out-of-town your drains will be removed once drainage is less than **30cc over a 48 hour period**, this is to further reduce the incidence of seroma requiring drainage. Anticipate your abdominoplasty drains being in for approximately 10 days, but no longer than 14 days.
- Place Polysporin at drain site and cover with gauze, large band-aid or a feminine hygiene pad to absorb fluid that may leak out. This is normal and can occur for 1 week.
- Drain sites will close in 7 to 10 days.
- If there is a gush of fluid that occurs, this is likely fluid that was not picked up by the drain, this is normal. Get into the shower and gently push on your abdomen or breast to encourage the fluid to drain out.
- If drainage persists or is predominantly fresh blood go to **your nearest emergency department and contact Dr. Islur**.

What to Expect

You may experience temporary pain, soreness, numbness of thigh and buttock skin, or discomfort in the incision areas. Maximum discomfort will occur during the first few postoperative days. You will have bruising and swelling of the thigh and buttock area. Most of the bruising and swelling will subside in 6-8 weeks. You may feel tired for several weeks or months.

Appearance

You should notice improvement in the contour and shape of the thighs over several months.

Scars will be reddened for 6 months, after which they will fade and soften.

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

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After Hour Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

If the clinic is closed (evenings or weekends) or in case of an emergency please call Dr. Islur 431-302-5177

If after 3 attempts you cannot reach Dr Islur, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053