

THIGH LIFTS POSTOPERATIVE INSTRUCTIONS

The evening of the surgery: Undisturbed rest is the most important thing the first night. Try to group nursing activities together (empty the drain when you are awake taking medication, going to the bathroom, etc.). If you are asleep, you do not need to be awakened for medications.

Avoiding nausea: Always eat something before taking pain medications or antibiotics. Keep foods light the day of the surgery, avoiding heavy or greasy foods. Suggestions include soups, crackers, toast, yogurt, milk shakes, cereal, oatmeal, mashed potatoes, and scrambled eggs.

Antibiotics: The first dose will have been given during surgery. Take your first pill tonight (about six hours after you leave the office). The antibiotic should be given approximately every six hours until they are gone (two days).

The day following surgery: The most important thing this day is getting up and walking around. Remember that our greatest worry, in terms of complications, is blood clots in the leg. **The best prevention for this is walking around!** Going to the bathroom is not enough. Our rule of thumb is to walk around the house, or even the backyard, for 5-10 minutes every two hours while you are awake. After a few days when you have begun to resume normal activities, this will no longer be an issue.

Showering: The first shower can be taken on the second day following surgery. Not only will it make you feel better, but it will also allow you to be more active and get back into a more normal routine. Simply remove the dressing from the incision. You may shower over the incisions and even over the drain. Remember that the drain is sutured to the skin so that it cannot be pulled out by mistake so you will need to hold it in one hand. Given that and given the expected post-operative weakness and possible dizziness, another person will need to assist for this first shower. A bench or plastic chair in the shower will make it more comfortable since you are not likely to be able to stand up for very long at this time.

Medications: After about three or four days, begin the process of weaning off of narcotics during the daytime. Substitute either Tylenol or Motrin (an appropriate dose for this level of pain is 800 milligrams). At this time, you should probably continue taking nighttime narcotics to help you sleep. After 10-14 days, you can begin the process of weaning from nighttime narcotics as well. Depending upon the degree of muscle spasm that is present, some individuals find that the Flexeril can be just as helpful as the narcotics in terms of pain relief, especially at night. Keep in mind that Flexeril can make some people very drowsy. This is a good idea at night (and some people use it for a couple of weeks for that purpose), but it is not a good idea during the daytime particularly if you are going to be driving.

Constipation: Constipation is a very common problem with patients who have had body contouring surgery. It is also, as you may imagine, extremely uncomfortable. If you have not had a bowel movement by the third day following surgery, go to the drugstore and buy a couple of Dulcolax® suppositories. Do not get pills, as they do not help. The suppository usually works in a couple of hours, so do not take it before you go to bed. If one does not work, take a second. If there is still no result, refer to the special instructions that we have included regarding constipation.

Follow-up appointment: Call the office Monday and an appointment for either Tuesday or Wednesday will be made for you.

If you have any questions or concerns, call the office at 843-797-0440 or the answering service after-hours at 843-724-5441.

RELEASE FOR POSTOPERATIVE HOMECARE INSTRUCTIONS

I, _____, have been given and understand the postoperative home care instructions regarding patient, _____.

CAREGIVER SIGNATURE: _____

WITNESS: _____