



POST OPERATIVE CARE: THIGH LIFT

AFTER SURGERY

POSITION: Because of the location of your incisions, it is impossible to avoid lying on them. Move as carefully as possible. Try to put as little stress on the incision lines as possible. Change position at least every 30 minutes.

BLEEDING: Small amounts of oozing and bleeding are very common. If this is more than slow staining of the gauze, apply firm pressure for 30-60 minutes before calling the office. Should heavy bleeding occur (very rare), apply firm pressure and call us at (703) 962-2520 or Dr. Chopra's phone after hours (571) 236-1977.

ADHESIVE STRIPS AND SKIN TAPE: If adhesive strips and skin tape have been placed, you may get them wet after 48 hrs. and dry them as you do your own skin. If they loosen, it will not hurt to remove them.

COMPRESSION GARMENT: If you have had suction of your knees, thighs, hips, or abdomen, Dr. Chopra may put a compression garment on you at the end of surgery. The extra pressure this garment provides helps reduce swelling and discomfort. You should not remove this garment at all until the second or third day after surgery. After that, feel free to remove the garment temporarily for laundering. We want you to have circumferential pressure for 4-6 weeks, but you may switch to an exercise garment (Lycra or Spandex) whenever it feels comfortable to slip it on or off, as you will have to do so in order to go to the bathroom.

WALKING: You must get up and walk some every day. As you heal, you will be able to do more and more.

CLEANSING AND SHOWERING: You can shower after 48 hrs. from your surgery, no submerging in the pool or ocean until all the scars are closed.

LONGER TERM

ACTIVITY/SPORTS: We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4-6 weeks. Dr. Chopra will give you clearance to increase your activities according to the progress of your activity.

DRIVING: You may resume driving when you feel you are able and no longer taking narcotic pain medication, but wait at least 2 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive!

SEXUAL ACTIVITY: You may enjoy sexual activity as your body allows with following restriction: please reread Activity/Sports above and apply the same concept to sex.

SUN EXPOSURE: If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb — you might not “feel” a sunburn developing.

WORK: Follow whatever plan you and Dr. Chopra have agreed upon.

AS YOU HEAL

TIGHTNESS: The areas operated on will initially feel tight and swollen. During this initial healing time, we want you to progressively do the activities of daily living as much as you can. **DO NOT, HOWEVER, MAKE SPECIAL ATTEMPTS TO STRETCH OR EXERCISE THE HEALING AREAS.**

SWELLING: Postoperative swelling will gradually disappear during a 4-6 month period.

NUMBNESS: If you have small areas of numbness on your thighs, they usually disappear gradually over several months.

ACTIVITIES: You probably should not plan on returning to work for at least 7 -14 days if your job is sedentary. If your job requires Heavy lifting, etc., you may have to wait 3-6 weeks before returning. After the first 2-3 weeks, you may walk as much as is tolerable. Do not return to heavy or aerobic exercise for at least 4-6 weeks. Let your body tell you what it can tolerate.

INFECTION: Please let us know if there is any redness, warm sensation and areas feel hard, you might also have fever or chills, if you experience any of this symptoms please call the office at (703) 962-2025.