

## POST OPERATIVE CARE

### Thigh Lift

#### Post op care:

- May remove dressing day after surgery
- If there are steri-strips on the wound, do not remove. It is OK to get these wet
- Drain care as directed (see drain care instruction sheet)
- Take pain medication as needed
- Take antibiotic as directed
- May shower day after surgery
- Wear post-surgical garment(s) as directed
- Ok to take Tylenol immediately and Ibuprofen immediately after surgery (do not take with other acetaminophen medications such as Percocet)

#### What to expect:

- Swelling and bruising can occur up to 48 to 72 hours post-op. Swelling and bruising may occur in areas adjacent to area of excision
- Moderate discomfort – take pain medication as directed
- Constipation may occur if taking a narcotic for discomfort – increase fluid intake and use mild laxative or stool softener if needed
- Numbness, tingling, and sensitivity to physical contact may persist for several weeks or longer

#### Follow-up:

- Follow up appointment 7-10 days post operatively
- No heavy lifting, housework, or exercise until advised by Dr. Lohner to resume.
- Refrain from smoking for at least 10 days. Smoking slows healing and affects blood flow to wound.

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS**

**Pain medication:** \_\_\_\_\_

**Antibiotic:** \_\_\_\_\_

**Follow-up:** \_\_\_\_\_

**Please call office and arrange for post operative appointment 610-519-0600**