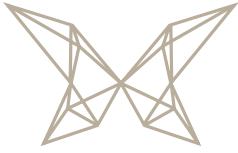


Postoperative Instructions

THIGH LIFT

Dr Rory Dower



Postoperative Instructions

THIGH LIFT

You have undergone a surgical procedure in a day clinic setting and will spend some time in recovery, before being discharged home. If this procedure is combined with other procedures, you may require an overnight stay. It is important for you to arrange to have either a friend or family member drive you home and stay with you for the first 24 - 48 hours.

What to Expect

IMMEDIATELY AFTER SURGERY

- Despite feeling tired and sore for a few days, you should be up and about the day after surgery
- Maximum discomfort will occur in the first few days
- Your thighs will be swollen and bruised postoperatively. The bruising will usually settle in 1-2 weeks. Swelling takes longer to settle and the majority of the swelling will have resolved by 3 months.
- Sometimes pain, swelling or bruising may be slightly different between the two sides. Although this is usually normal, if a great difference develops between the two sides, please contact Dr. Dower's rooms
- You may experience some numbness of the operative areas. This will usually settle with time

LONG TERM

- Improved tautness and shape of thighs
- A scar on the inside of the thigh from the knee to the groin and within the groin crease

Medication and Handling pain

- You may recommence your normal medication the day after surgery unless otherwise advised
- Take pain medication as prescribed.
- In order to "break" the pain cycle, we recommend taking the pain meds regularly, as prescribed, for the first 3 days, even if discomfort is only mild
- Do not take aspirin or any products containing aspirin for the week following surgery, unless this is for a medical condition, in which case please discuss this with Dr Dower
- Do not drink alcohol when taking pain medication
- You may apply ice compresses to the thighs during the first 24 hours after surgery. This will help to minimize swelling and discomfort. Please do not apply the ice directly to the skin as this may cause a burn, especially where you have decreased sensation

Wound Care, Stitches, Dressings And Drains

- The stitches are dissolvable
- If you have any outside stitches, these will be removed around 10-14 days
- Expect mild drainage onto the wound dressing covering the incisions
- Keep the area around the dressings clean
- You may pad the area over the incisions for comfort
- If your incision was closed with micropore tape, it can stay on for up to 14 days, as long as the tape remains relatively clean
- If your incision was closed with steri-strips, these will generally start to fall off in 10-14 days. You may trim loose ends, but do not remove adherent strips
- If your incision was closed with skin glue, it will slowly flake off over 10-14 days

Showering and Bathing

- You may shower after 48 hrs. Please pat your dressings dry afterwards
- If you need to, you can remove excess moisture with a blow dryer on a warm (not hot) setting, remembering that the skin may be numb and not able to feel if the dryer is too hot
- No bathing or soaking the incision site for the first 2 weeks

Dr Rory Dower

Postoperative Instructions | Thigh Lift

Sleeping

- Due to the fact that there is likely to be some degree of soiling of your wounds, try to use old linen in case this gets stained.

Level of Activity and Exercise

- Start walking as soon as possible after surgery to reduce the risk of blood clots in your lower legs
- Although you can gently walk about and do light duties, please avoid any excessive stretching or lifting during the first 7 to 10 days
- You may return to work after 7-14 days
- You may resume light exercises at around 2 weeks and your normal exercise routine at around 4 weeks
- Body contact sports should be avoided for 6-8 weeks
- Resume sexual activity as comfort permits, usually 2-3 weeks post-operatively
- Do not drive until you are no longer taking narcotic pain medication, and have full range of motion of your arms, and can stop the car or swerve in an emergency.
- If you are doing something that is causing you pain, this is usually the body's natural warning system to take it easy and not over exert yourself

Smoking and Alcohol

- Avoid smoking for the first 4 weeks after surgery as smoking delays healing and increases the risk of complications
- Avoid alcohol for at least 72 hours after surgery, as this may increase your risk of bleeding

Diet

- Everyone recovers from their anesthetic differently. Some people feel no side effects while others are more noticeably affected, feeling tired and even sick for the first couple of days
- Eat lightly with small meals throughout the day to minimize sickness
- Drink plenty of fluids in the form of water and fresh juices, in the first few days after surgery
- Avoid caffeine and carbonated drinks for the first few days

What to Wear

- You may be required to wear a compression garment after surgery. You will need to wear this garment for 4-6 weeks after surgery
- Please make sure that the garment does not cause an indentation or ridge whilst being worn, as this may become permanent if worn for long periods of time

Scar Management

- A scar takes 9-12 months to reach full maturity at which stage the final result will be evident.
- The scars may become a little more pink and noticeable, even red and lumpy temporarily before they start to improve.
- Avoid exposing scars to sun for at least 12 months. Always use a strong sunblock, if sun exposure is unavoidable (SPF 50 or greater)
- Scar science can be used to improve the appearance of the scar. You can start applying this from 6 weeks post-operatively. For the first 2-6 weeks of treatment, the cream should be applied over the Micropore tape. After this, it can be applied directly to the scar. For the scar science to have a beneficial effect, it should be used for a period of at least 6 months from the date of surgery. After 1 year the scar has reached maturity and there is no further benefit

Dr Rory Dower

Postoperative Instructions | Thigh Lift

- If not using scar science, you can apply Micropore tape to the incisions for 6 months, changing this every 7 to 10 days. Do not remove the tape every day as it will cause irritation of the surrounding skin. Incision areas may be massaged over the Micropore tape to help improve the scar
- Local massage to the scar is usually begun at around 4 weeks. Use your normal body lotion creams or Bio-Oil to facilitate this action
- Do not use any creams containing Vitamin E to treat the incision areas for the first 3 months

When should I call?

- Fresh bleeding, other than that of a minor nature
- Pain not relieved by pain relieving tablets
- Sudden onset new and worsening pain
- Excessive swelling or redness
- Increased redness along the incision sites
- Discharge or foul odour from the incision sites
- Fever of 38 degrees Celsius or above
- Any side effects to medications; such as, rash, nausea, headache or vomiting
- Increased pain in your calves, shortness of breath, or chest pain

EMERGENCY CONTACT NUMBER: +27 (0)82 876 1097