PLASTIC & COSMETIC
CENTER OF SOUTH TEXAS
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POST-OP INSTRUCTIONS FOLLOWING THIGH LIFT

1. You will need to rest frequently the first week. You may walk around the house as tolerated.
2. Do not bend over or Hyper-flex at the hips. Do not go up or down steps.
3. You may sit with your legs in front of you.
4. Avoid sliding across a surface (chair. car seat).
5. Every 2-3 hours take deep breaths to expand your lungs.
6. Avoid picking up anything greater than 1-2 lbs the first week. The doctor will advise you when you can start lifting anything heavier.
7. Do not exercise until the doctor says you may do so.
8. You may not drive the first week or while you are taking pain medication. After that it will depend on your ability to drive without causing discomfort or strain the incision. You should continue to wear your seatbelt.
9. No smoking or being around smoke at least the first 2 weeks after your surgery.
10. Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated.
11. If you have persistent nausea stick to a bland diet until it subsides
12. The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative as needed.
13. You will have steri-strips along the incision line. These stay on until your first post-op appointment.
14. You may have oozing of blood from the incision for 24-48 hours. You may lightly tape gauze over the incision. You may also want to sit on an absorbent pad to protect the furniture.
15. You may not shower the first week - sponge bathe only.
16. You may have a drain in each leg, which may stay in for 1-2 weeks. Please follow drain care instruction sheet and bring it to your follow up appointments.
17. The antibiotic should be taken until it is completed as prescribed.
18. The pain medicine is a narcotic and should be taken as prescribed. Do not take any Tylenol while taking the pain medicine. The medication we prescribe already has Tylenol in it.
19. Do not drink alcohol or drive while you are taking the pain medication.
20. The pain medicine can cause nausea and should be taken with food at each dose.
21. You may resume your regular medication after your surgery except for NSAIDs (Tylenol, Motrin, Aleve etc.) (wait at least 5 days post-op) *Please refer to medication list
22. If you take aspirin or Coumadin, check with our doctor as to when you can resume.
23. **If you have any concerns please do not hesitate to call the office (210) 270-8595**