



Kavali  
Plastic Surgery

### **MEDIAL THIGH LIFT (INNER THIGH LIFT) - POSTOPERATIVE INFORMATION**

You have just had a delicate operation on your inner thighs. The following information is intended for your well being and will assist you during your recovery period. It is not a substitute for my personal attention or interest in you. In fact, each operation receives special and individual thought. If you have any questions, please do not hesitate to ask.

Following surgery, you will go to the post-anesthesia care unit. A dressing and maybe a compression garment will be in place. Following your operation, your tissues will react with swelling and a feeling of tightness, which will be responsible for discomfort. In addition, the thigh lift itself is responsible for this sensation, and it will require time, approximately six months, for this to resolve.

The swelling and bruising will leave in time but may settle towards your feet due to gravity -- this is expected. The majority of the bruising and most of the swelling does resolve within a few weeks. However, the healing process does take time. It generally requires six months and possibly up to one year for the healing process. Please be patient. How quickly your swelling and discoloration depends on your health and healing quality, as well as a quiet, careful and calm convalescence.

To safeguard the result you have gained, it is recommended that you avoid excessive gain or loss of weight. In addition, ultraviolet exposure from the sun is very damaging to the skin. It is advisable to use a #35 sunscreen on a regular basis. Should you plan a day or more in the sun, a #45 sun block or greater is a good idea. This is certainly advisable for at least the first year following surgery. You may use moisturizers and creams as desired.

Please have someone assist you to and from your car on the way home and fasten your seat belt. It is advisable that you not be left unattended and have a responsible person stay with you for the first 24 hours following your surgery. If you have stayed overnight in the hospital, the nursing staff will look after you.

You should also have someone assist you to the bathroom, as sometimes there is weakness or lightheadedness following surgery. **I do want you to get up and move about as much as you can.** Early movement after surgery helps to prevent problems like blood clots in the legs and problems with the lungs.

#### **Diet:**

Begin with liquids and light foods Jell-O, crackers, soups, etc., gradually progressing to a normal diet. Drink plenty of liquids for the first 48 hours.

**Daily activities:**

Do not make any important decisions or sign any important papers in the 24 hours following surgery, or anytime while taking pain medication.

If you were given a compression garment, please wear your compression garment for approximately six weeks. Please note that sometimes I choose NOT to use a compression garment—it all depends on what other surgeries you have done at the same time and the type of thigh lift you have done.

**You may shower in 48 hours.** Use regular soap and water and just pat the tape dry afterwards. You may change the gauze over the incisions, if any is present. The gauze only needs to be replaced if it's needed to keep your clothing clean.

You may drive when you are no longer taking narcotic pain medication (percocet, vicodin, etc) AND you feel like you are able to react appropriately in traffic. For most people, this is sometime in the first 2 weeks after surgery.

**Personal Care:**

One of the most common problems following inner thigh lift surgery is wound infection or wound healing problems. You can help prevent infection and wound healing problems by keeping the incisions clean and dry. Many outdoor stores (like REI) sell "Female Urinary Devices", which are essentially funnels through which you can urinate in a standing position without wetting your skin in the process. Using such a device will help keep tension off your incisions because you won't have to sit down fully on the toilet, and it will help keep your incisions dry.

If you have any soiling of your incisions, please immediately gently wash the incisions with soap and water and pat dry.

**Exercise:**

Please perform no straining, lifting greater than 20 pounds, or strenuous lower body exercising for approximately four to six weeks. You can begin lighter exercise whenever you feel like it. Just use common sense—stop or change what you're doing if it hurts.

**Swelling:**

You will have fluctuations in swelling for months after your surgery, meaning you'll have "good swelling days" and "bad swelling days" off and on as you heal. This is normal and will eventually stop over time.

**Drains:**

Drainage tubes are sometimes placed at the time of an inner thigh lift. If you have drains, they will remain in place until the drainage subsides. It is important to empty the drains and record the amount, every eight hours. Do not attempt to clean out the inside of the drain bulb as doing so will lead to infection. Please read the additional specific draincare instructions, which are outlined on a separate page.

**Medications:**

Have your prescriptions filled before your surgery date. Use prescription medications for relief of pain as directed. These medications can cause drowsiness, tiredness or loss of balance and may affect your vision; thus, do not drive or operate machinery while taking

these medications. You should also be careful when walking and with day-to-day activities.

**Read the medication instruction sheet carefully, as it contains important information about your pain medication and how it should be taken.**

You may resume your daily prescription medications UNLESS they are listed here:

You may use Tylenol if you wish. However vicodin and percocet as well as other pain medications contain Tylenol. Thus, do not take these medications and Tylenol together as you may be taking too much Tylenol. Too much Tylenol can cause liver damage and other problems. If you are unsure about a particular medication, please call. **Again, please read the medication instruction sheet carefully before your surgery.**

**If you have questions or a problem:**

Please call if you have any problem or question that concerns you. You can call the office at 404-250-3333 anytime. If it's after hours or on the weekend and you need to reach me, dial the office number, then dial "0" as soon as voicemail picks up. You'll be connected to my cell phone directly.

If you need immediate attention, or for some reason you are unable to contact me, go to the emergency room nearest your home or at the hospital where you had surgery.

Some reasons to call:

- Fever greater than 101.5 F taken with a thermometer
- Pain not relieved by medication
- Severe pain
- Redness, warmth, drainage or odor from the operative site
- Excessive Bleeding (small amounts of oozing may be expected)
- Persistent nausea and vomiting
- If you have ANY questions or concerns regarding your condition or surgery

**Follow-up appointment:**

You should already have your first postoperative appointment made for one week after your surgery date. If you aren't sure, please call the office to confirm your date and time.