

Thigh Lift

Postoperative Instructions

DIET

You may eat a normal diet. However, start with clear liquids and bland foods such as toast and crackers and advance to more normal food as tolerated.

ACTIVITY

No strenuous activity for 4 weeks. You may begin light exercise 2 weeks after surgery.
No heavy lifting (anything over 10 pounds) for 4 weeks.

WOUND CARE

Leave your dressing on. It will be removed at your first postoperative visit.

Pink or red-tinged watery drainage for the first 12 to 24 hours following liposuction is normal. Sit and sleep on towels or pads to protect your furniture and bed linens.

If you have drains, clean the drain sites with peroxide once daily and cover with gauze. Empty the drains twice daily and record the amount (each drain separately). Bring the record of the drain output with you to your office visit.

Excessive or sudden filling of the drain with blood should be reported to the office.

You may shower after the first postoperative visit. The incisions can get wet. Towel pat the area dry.

Your sutures will dissolve. However, suture strands at the ends of the incisions may be present. They will be trimmed at your postoperative visit.

Wear the compressive garment continuously for two weeks after the surgery. For the third and fourth weeks after surgery, wear the garment throughout the day, but remove it for sleeping.

MEDICATIONS

If your doctor prescribes medications then fill them prior to surgery. If no medications were prescribed they will be administered to you after surgery before you leave the hospital/surgery center.

When you arrive to the surgical facility you will be given pain and other preoperative medications prior to surgery. Take the pain medicine as prescribed if you are in pain. For the first 24 to 48 hours you will be more comfortable if the medicine is taken on a regular schedule rather than waiting long periods between doses. Pain medications prescribed work differently to control your pain. They can be “stacked” taken at different times to control your pain better.

WHAT TO REPORT TO YOUR DOCTOR

- Unusual or severe pain unrelieved by your medication.
- Excessive bleeding or continued bleeding not decreasing over time
- Excessive swelling and or redness of the surgery site
- Persistent vomiting, shortness of breath, excessive leg swelling and pain
- Discomfort from a full bladder or have not urinated in 8 hours
- Temperature over 101° F

FOLLOW-UP APPOINTMENT

Your follow-up appointment with Dr. Mark Leyngold is scheduled for_____.

For any problems, concerns or questions, please CALL THE OFFICE at (352) 265-8402. Follow the instructions for the doctor on call. If you feel your symptoms are an emergency, go to the Emergency Room closest to you or call 911.

A GUIDE TO YOUR PRESCRIPTION MEDICATIONS

Medications after surgery: Take as directed:

Prescription:

CELEBREX (Celecoxib) 200mg: One tab by mouth two times daily.

NEURONTIN (Gabapentin) 300mg: One tab by mouth three times daily.

Over the Counter:

TYLENOL (Acetaminophen) 1000mg: 1000mg by mouth every eight hours.

IF pain is uncontrolled with the above medication:

Prescription:

OXYCODONE: 5mg: One tab by mouth every 6-8 hours as needed for breakthrough pain.

ZOFRAN: This medication is for the prevention of nausea after surgery.

INSTRUCTIONS: Take one hour prior to surgery
{insurance typically does not cover this medication}

Marena Compression wear:

<https://marenagroup.com>

operating hours of Monday-Friday, 8am-7pm EST. Fax is 678-802-6371 or Call 888-462-7362

