

CENTER FOR PLASTIC & COSMETIC SURGERY
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THIGHLIFT

You are about to undergo a thighlift procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

PRE-OPERATIVE INSTRUCTIONS:

This procedure lasts approximately 2 to 2-1/2 hours. You will spend about 1-1/2 to 2 hours in the recovery room. You would be discharged home when stable.

You must have someone drive you home and stay with you during the first 24-hours following surgery.

Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for three weeks prior to the surgery.

If you are a smoker, you should stop smoking at least four weeks prior to the surgery and for four weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.

Doctor Fedele can have your prescriptions for you prior to your surgery so that you can get them filled before the day of your surgery. This will make it easier for you immediately following the surgery and save any running around to fill prescriptions after your surgery.

DAY OF SURGERY EXPECTATIONS:

Discomfort after surgery is controlled with narcotic pain medications but you may experience continuous discomfort for the first 48 to 72 hours.

Narcotic pain medications can sometimes cause constipation. An over-the-counter stool softener (Colace) is recommended if you are prone to this.

Some nausea is normal in the first 24-48 hours following surgery. The surgery center can give you something prior to leaving. However, if you continue to experience nausea or vomiting, please contact the office to obtain a prescription for anti-nausea medication.

You may have a postoperative compression garment in place after the surgery. This is to be worn 24 hours a day for the first two weeks continuously and then during the day for the next 2 weeks.

You may have drains in place after this procedure. You will need to record the output in cc's or ml's and total the output for each drain for each 24 hour period.

White Band-Aid strips called steri-strips, along the incision, can remain in place until they peel off or until your first postoperative visit.

Any other dressing on the operative site should be changed within the first day.

RECOVERY EXPECTATIONS

Week 1

You may shower the day following surgery. Do not rub the incisions; rather allow the water to flow over the incisions. Do not remove the steri-strips. It is okay to get the steri-strips wet. You may experience oozing from the incision, this is normal. Apply dry gauze over this and change this dressing as needed.

Do not drive while on pain medication. You may resume driving when you are off all pain medication and can comfortably sit in a car.

Try Motrin (600 mg) every 6 hours as needed for pain in place of narcotic prescription pain medication when pain has decreased.

The swelling can persist for 3 to 6 months but your thighs will become softer and more pliable. Make an appointment with our office within the 5 to 7 days after the surgery to have these dressings removed. At that time we will remove the steri-strips and any sutures, if you have any, and give you further instructions.

You will likely have significant swelling and bruising, especially in this first week.

If you had drains placed, these will be removed at your first office visit as well.

Week 2 and Beyond

Expect bruising and swelling for several weeks. The swelling however can last even up to 2 weeks up to 6 months or longer.

You should continue to wear a compression garment if you are given one for a total of 4 weeks.

You will likely be returning to a regular lifestyle including lifting and sports activities within 3 to 6 weeks as your body allows.

Walking is okay within the first 10 to 14 days; exercise within 4 to 6 weeks.

You may experience some decreased sensation in the inner thigh area. This is normal. This should improve with time.

The incisions do heal and fade with time.

PRECAUTIONS

If you have questions or are unsure of your postoperative recovery, please call the office for instructions. If you experience any of the following, please call the office immediately and have the answering service contact Dr. Fedele: extreme pain, significant swelling on only one side, fever, chills, a "hot-to-touch" sensation or significant redness.