

DR. WENIGER'S THIGHLIFT POSTOPERATIVE INSTRUCTIONS

NO SPREADING LEGS APART OR GO INTO SQUATING POSITION

During the first week following your surgery, the two major problems to watch for are hematoma (a collection of blood under the skin) and infection:

Any significant increase in swelling of the thighs, firmness, severe bruising, or increased pain not controlled by medication may be signs and symptoms of a hematoma. Fever over 101 degrees F, swelling, severe redness, or drainage can be signs of infection. These should be reported to our office immediately.

NOTE: There will be some expected bruising, pain, and swelling the first 48 hours and a very scant amount of bloody drainage. If liposuction was done as well, drainage is expected for 3 days.

DO:

- Do not get wet for the first 72hrs, then after 72hrs you may sponge bathe the uncovered areas only. After your first appointment you will be able to remove your binder/garment to shower
- Leave steri-strips (adhesive tapes over incision) in place.
- After your first apt keep garment on at all times except to shower. You may wash and dry your garment and then put it on again immediately.
- Strip and record drain outputs. Record right and left separately, and total for each day. Bring record to office visits. Let drains dangle to floor while in shower.
- Take your narcotic pain medicine as needed.
- Use Tylenol/extra strength when pain tablets run out or are too strong.
- Ibuprofen can be used starting 1 week after surgery. Do not use Ibuprofen or Aspirin before then.
- Eat as tolerated. Start with something light. Then advance diet slowly. Eat plenty of PROTEIN and avoid salt intake. Limit water intake
- Walk every three hours while awake after surgery to prevent blood clots (walk to bathroom, kitchen, around house, etc.) WALK OUTSIDE DAILY.

DO NOT:

- SPREAD YOUR LEGS APART OR GO INTO A SQUATING POSITION
- Drive until instructed to do so by Dr. Weniger. (not while on narcotics or if very sore)
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger. (causes bleeding)
- Take any tub baths, swim, or sit in hot tub until directed by Dr. Weniger.
- Drink alcohol while on narcotics. (causes bleeding)

Your follow-up appointment is _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us.
843-757-0123