

*Robert W. Sheffield, M.D.
Adam D. Lowenstein, M.D.
Aesthetic Plastic and Reconstructive Surgery
1110 Coast Village Circle
Santa Barbara, California 93108
805/969-9004*

THIGHPLASTY POST-OP INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Bed rest for the first 48 hours.
3. You may go to the bathroom with assistance as needed from a semi-standing position until you are able to sit comfortably.
4. Take medications according to instructions on containers. If you are taking pain medication that makes you feel drowsy, have someone else give you your medications at the proper time intervals. Under such circumstances, you could forget and take them too often.
5. It is very important for you to stay off your feet as much as possible for the first 7 days. up.
6. Most patients are able to engage in sedentary activities 2 weeks after surgery, although prolonged sitting may cause discomfort for some time thereafter. Two weeks post surgery, you can gradually increase your level of activity, but vigorous sports are not permitted for 2 months.
7. You can expect the following: Drains may be in place which will need to be measured with the amount recorded and then emptied. You will be fitted with a compression garment to give you added support.
8. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.

Call the office if you have any of the following:

1. Severe pain not responding to the pain medication.
2. Marked swelling.
3. Other questions or problems.

Additional Instructions:

1. You may sleep on your side with your legs drawn up.

2 -Thighplasty

2. Avoid smoking for 48 hours after your surgery.
3. You may drive a car two weeks after your surgery.
4. Do not sit in the sun or heat for 3-4 months after surgery, as this could cause excessive swelling, firmness and pigment concerns.
5. You **must** wear the compression garment continuously for the first 7 days except to shower. If the binder gets soiled, you may remove it long enough to launder it.
6. Wear the compression garment for an additional 3 weeks after surgery, as needed for comfort.
7. Apply A&D ointment or Aquaphor and dressing twice a day.
8. Avoid any physical activity or exercise (even moderate) for 4 weeks following surgery. Check with Dr. Sheffield before resuming extended periods of walking.

Follow-Up Office Visits:

1st visit: The amount of drainage will be checked. Drains are usually removed a few days after the surgery in the office. Please take your pain medication 1 hour prior to this appointment and have someone drive you to the office.

2nd visit: Seven days after surgery, the sutures will be removed. Steri-Strips will be placed for approximately three weeks, after which time you may massage the scar.

3rd visit: Two weeks after surgery.

Subsequent visits will be determined by Dr. Sheffield/Dr. Lowenstein. Post operative photographs must be taken during one of these visits.