



620 Church Street East
Brentwood, TN 37027

John Reagan Moore, M.D.
Konrad Sarosiek, M.D.
www.coolspringsplasticsurgery.net

1909 Mallory Lane, Suite 104
Franklin, TN 37067

Thigh Lift Postoperative Instructions

Thank you very much for allowing us to perform your surgery. Please call us at any time if instructions are not clear or issues are not addressed in this instruction sheet. Pain medication and general anesthesia can cause constipation. It is helpful to start on a stool softener, such as Colace, a few days before surgery. If constipation is a problem after surgery, you may take a glycerin suppository or Fleet enema.

WHAT TO EXPECT

Immediate tightness of the skin. Mild diffuse swelling. General soreness to moderate pain. Increased pain with getting up and down. You may have bulb drains - they should have watery pink to red drainage. Your appetite may be decreased.

WHAT TO DO

Take frequent short walks to help your circulation and to decrease the risk of blood clot formation in the legs. Walking also helps your breathing. Take frequent deep breaths.

Drink abundant clear fluids. You may eat solids if you are hungry - light fare at first. Do not take your pain medication on an empty stomach. Eat a light snack, such as crackers, about 30 minutes before you take your medication. You can begin a stool softener (Colace) as narcotic pain medication may be constipating.

If you have drains, keep track of the drainage by charting the volume; empty and compress bulbs after recording volume. Apply antibiotic ointment to the drain skin exit sites three times daily (Polysporin, Neosporin, or Bacitracin).

Wear the compression wraps or support hose until seen by physician

You may reinforce the dressings if there is drainage from the wounds. You may have a compression garment on after surgery to help keep the dressings in place and to hold general compression to the area.

RESTRICTIONS

No heavy lifting (>25 lbs), vigorous activity, or straining for three weeks.

No tub bathing until cleared by Physician

No use of heating pads.

WHEN TO CALL

If you develop severe shortness of breath or chest pain – call 911, then notify physician.

If you run a fever, or have chills – call our office.

If you have markedly increased pain, bruising, swelling or bloody drainage– call our office.

If you develop leg swelling or pain – call our office.

If you have persistent nausea or vomiting – call our office.

If you are uncertain about a medication or treatment – call our office.

If you are experiencing any adverse symptoms or changes that you do not understand – call our office.

Phone Numbers:

Cool Springs Plastic Surgery – 615.771.7718

Dr. Moore's Cell Phone - 615.476.2784

Dr. Konrad Sarosiek's Cell phone- 215.910.1187

*In the event of an emergency, please call, do not text