



Patient Name \_\_\_\_\_

Date \_\_\_\_\_

## POST OPERATIVE INSTRUCTIONS AFTER THIGH LIFT

Michael Olding, MD  
Chief, Division of Plastic Surgery

Next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### 1. Dressing Care

- Leave compression garment and dressings in place.
- You may have drains in place, record drainage and bring record to next office visit.
- Instructions regarding dressing care will be reviewed at first post-op appointment.
- May shower when instructed.

### 2. Activity Restrictions

- Sedentary activity, avoid strenuous activity, no lifting, no bending.
- No physical activity for 2 weeks.
- Keep legs elevated when not ambulating.

### 3. Diet

- No restrictions on eating.

### 4. Medications

- Take prescribed pain medication as needed.
- **DO NOT TAKE ANYTHING** with aspirin or aspirin like drugs for 10 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

### 5. What to Expect

- Compression garment is to be worn until Dr. Olding discontinues and all the swelling, bruising and discomfort have resolved.
- You may experience some pain, burning, swelling, and bleeding.
- You may experience stiffness, soreness, and bruising.

If increased bruising after 7-10 days, please notify the office.

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202 741-3241** or the plastic surgery fellow on call at 202 715-4141.

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# MEDICAL FACULTY ASSOCIATES

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