

Instructions for Thigh Lift

PRE-OPERATIVE INSTRUCTIONS

- Medications - Please provide a current list of all medications, vitamins and herbal supplements you are taking.
- Smoking - It is very important to stop smoking for three months prior to surgery. Nicotine causes vasoconstriction of blood vessels which leads to decreased nutrients and blood supply to the tissues. This will lead to delayed wound healing, poor scarring, and possibly additional surgery.
- Illness - If you develop symptoms of a cold, cough, flu or infection prior to surgery, notify our office.
- Diet - Nothing to eat or drink after midnight the night before surgery. Dr. Stratis will tell you what medications you may take the morning of surgery.
- Arrival time - The surgery facility will call you the day before surgery (or the Friday before surgery if your surgery is on a Monday) to give your arrival time. You will need to have someone drive you home. It is important to have a responsible adult with you the first night at home.
- Contact person - Please let us know what phone numbers you can be reached at before and after surgery.

DAY OF SURGERY

- Transportation - Have a driver to take you home after surgery.
- Dress - Wear something comfortable with elastic waist and loose fitting pants or skirt. If staying in the hospital, plan to wear a hospital gown and bring a robe and slippers.
- Wound Care - You will have one or more drainage tubes in each leg. These will be removed when your drainage is less than 30 cc in 24 hours (usually in a few days). Empty the drainage tubes every 4-6 hours or when half full. Record the drainage on the drain record given to you. Record the date, time of day, and amount of drainage in 24 hour segments. You may shower if plastic dressings are intact over the drain sites. Hang the drains over a chair or hook when showering. You will need to use gauze pads or feminine pads in your under-garments to catch drainage from your leg incisions. Wash your hands before and after changing any dressings. Change the pads as often as you need to keep your skin dry. Apply a thin layer of antibiotic ointment to the incision areas twice a day. You should shower at least once a day with warm soapy water to the area. Rinse your incisions well and pat dry. Apply antibiotic ointment after showers.
- Activity - Walking is fine and use stairs as tolerated. Rotate and flex ankles at least three times a day. You may drive when you feel safe and in control of your car. Most patients will drive in one to two weeks after surgery. Keep to a minimum spreading or extension of legs for at least three weeks after surgery. You may resume sexual activity when you feel it is appropriate.
- Pain Management - You will be given a prescription for pain medication to use at home. Take this as ordered every 4-6 hours as needed for pain. You may use Tylenol instead of the prescription pain medication. Do not use both.

- Scar Care - When your incisions are completely healed you will be given scar care instructions.

If you have any questions at any time please contact the office at 717-728-1700 or Dr. Stratis on his cell phone 717-574-2116.