



CANADIAN PLASTIC SURGERY CENTRE

THIGH LIFT SURGERY **POST-OPERATIVE INSTRUCTIONS**

- Cephalexin or clindamycin are antibiotics that have been prescribed for you. Please start taking the antibiotic immediately following your surgery as prescribed and until finished
- The pain medication prescribed will either be oxycodone, Percocet or Dilaudid (hydromorphone). You can take 1-2 tablets every 4-6 hours as needed. Please also take Colace, a stool softener, while you are taking narcotic medications to prevent constipation.
- Smoking will delay the healing process. Please stop smoking at least two weeks before your procedure and for 4-6 weeks afterwards.
- The dressing is to remain dry and in place until you are seen at 1 week after your procedure, your first post-operative visit.
- Your incisions are covered with paper strips called Steri-Strips, as well as a waterproof plastic dressing. Please keep the dressing intact, but remove it if soaked. The paper strips will fall off on their own and you can shower with them on. After your showers, you should pat them dry with a towel or blow dry them at a low heat setting.
- Please do not submerge your incisions in water for the next 3 weeks (NO tub bathing, hot tubs, swimming pools).
- Please wear the Tensor garments at all times (night and day). The garment will have to be worn for 4-6 weeks to reduce swelling and support the contour of your thighs.
- Please avoid any vigorous activities, heavy lifting or prolonged walking until 4-6 weeks after your procedure and after you are cleared by Dr. Chivers or his nurse.
- If drains are used, they will be removed after 24-48 hours. You will be instructed on those by your nurse on the day of surgery. Not all patients have drains. Your stitches will be self-absorbable.
- The following are expected after surgery and are not a cause for alarm:
 - Pain, bruising, and mild swelling are normal and expected after surgery. Most of it will disappear within 3 weeks. The remaining swelling will take 2-3 weeks to completely resolve.
 - Low-grade temperature is often seen early after surgery.
 - Nausea, vomiting, and constipation are occasionally encountered after surgery.
 - Drainage onto the bandages (sometimes bloody) is commonly seen after surgery.

*If you have any questions or non-emergent concerns, please call our office at: (416) 244-8377,
Monday-Friday 9 am-6 pm, or email us at info@canadiansurgery.com*

**For urgent questions, please call Centenary Hospital Locating at (416) 281-7111 and ask to have Dr. Chivers paged. If necessary, then proceed to the Centenary Hospital Emergency where Dr. Chivers can meet you.*

Patient Initials: _____