

PLASTIC SURGICAL ARTS

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THIGHPLASTY POST OPERATIVE CARE

WHAT YOU CAN EXPECT:

- Moderate discomfort-use pain medication as needed or Ibuprofen / Tylenol as directed.
- Moderate swelling.
- Black and blue discoloration.

PAIN CONTROL:

- Take your pain medication, as instructed, until your pain lessens.
- Always take your medication with food in your stomach.
- Do not drive or operate equipment while on your pain medication.
- Do not drink alcohol while taking prescribed pain medications.
- Someone needs to stay with you the first night home after surgery.
- You may apply ice cold compresses to the inner sides of your arms during the first 24 hours after surgery.
- Narcotic pain medication can cause significant issues with constipation. Please start using a stool softener the day before surgery and daily thereafter until normal bowel function returns.
- If having pain control issues while taking prescribed medications, please contact our office at 402-483-2572.

DRESSING CARE:

- You may shower the next day following your procedure.
- No submerging the surgical site under any water until incision is completely healed and drains removed. Please get physician OK prior to submerging incisions.
- Your physician may discuss massage to improve scar quality at the appropriate time of your healing process.
- Avoid exposing scars to the sun for at least one year from date of surgery.
- Always use a sunblock with a SPF 30 or greater.

DRAIN CARE:

- Keep track of drain output per drain for 24 hour timeframes.
- Empty the drains as needed to keep the bulbs compressed.
- Keep the drain tubing from kinking to allow continuous drainage.
- Contact the office when the drain outputs are less than 30 ml for 24 hours for potential removal.

CONTACT YOUR PHYSICIAN (402.483.2572) IF ANY OF THE FOLLOWING OCCUR:

- A temperature greater than 101 degrees F.
- Redness, swelling around the incision site.
- Severe pain not responding to pain medications.
- Persistent, profuse bleeding or drainage.
- If any other question or problem arise.

ACTIVITY:

- Arrange to have someone spend the first 24 hours with you.
- Bedrest for 24 hours except to get up to the bathroom and potential limited walks with assistance.
- Avoid smoking for at least 3 weeks before and after surgery. Nicotine constricts the small blood vessels needed to heal your abdominal wound and could lead to infection and skin loss.
- No alcohol for 5 days after surgery or while on narcotic pain medication.
- You may drive a car with power steering after two (2) weeks if you are off narcotic pain medication and you can stomp on the brake and crank the steering wheel without pain.
- Avoid sports and strenuous activities for 4 weeks at least.
- During the first week following surgery, restrict walking to a minimum