

# Elite Plastic Surgery

ROZBEH TORABI, MD ▪ RADBEH TORABI, MD ▪ RAMYAR TORABI, MD ▪ KRISTA SINCLAIR, FNP-C, RNFA  
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel: (480) 291-6895 | Fax: (480) 948-3750  
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

## Thigh Lift Post-Op Instructions

### PAP Flap Post - Op Instructions (*breast reconstruction*)

- It is normal to experience bruising, swelling, numbness, soreness, tightness, burning, and drainage from your incisions.
- Swelling may occur for approximately 1-6 months, and numbness will continue to improve as healing progresses.
- You may help lessen bruising, swelling, and discomfort with the use of cool compresses. **PLEASE DO NOT PLACE ICE PACKS OR HEATING PADS ON OR NEAR ANY SURGICAL SITES DUE TO ALTERED SENSATION AND INABILITY TO FEEL WHEN TOO HOT/TOO COLD!!!**

For the first 72 hours, sleep with pillows under your legs to keep them in an elevated position.

- Full leg extension may be impossible for the first week. You may begin walking when you are comfortable. Don't overdo it, use your discomfort as a guide.

#### OTHER POST-OPERATIVE INSTRUCTIONS:

- Your dressings will consist of a compression garment to help reduce swelling and bruising. The sutures will be dissolvable so nothing will need to be removed.
- You need to wait 2 days/48 hours after surgery before you shower. At this time, you may shower if you are comfortable, but leave the paper tapes over your incisions in place. Wash the area of sutures gently but thoroughly each time. You may need to apply gauze over your incisions to absorb any drainage and replace as needed. Tub bathing is not recommended until all incisions have healed, about 6-8 weeks.
- Your support garments will need to be worn for 4-6 weeks following surgery. You may adjust the garment as needed. It should be snug, but not uncomfortable.
- Please be careful when shaving, as your incisions may be puckered and while you are still experiencing numbness.
- Avoid sun exposure to new incision areas. These areas are very sensitive to sunlight and can be easily burned for up to a year following surgery. We recommend sunscreen to all healed incisions.

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- Light exercises such as walking can begin when you are comfortable, but avoid any strenuous activities such as lifting, straining and stretching your legs.
- Strenuous activities may be gradually increased 2-3 weeks following surgery, and you may typically resume normal activities in about 4-6 weeks.
- Returning to work will vary depending on the job type. Generally, you will be able to return to work approximately 7-10 days following your surgery. You may discuss this issue with your physician at the time of your post-op visit.
- Scarring will mature with time; it may take up to 3 months to a year for scars to fade and flatten

## **Medications Prescribed (not all medication may apply)**

### **Scheduled Medications:**

**Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow prescription ordered)** is an antibiotic you must take for a total of 5 days.

**(\*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery)** is used for prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

### **As needed:**

**Anti-inflammatory: Toradol (ketorolac) (started day of surgery as needed, please follow prescription ordered)** This is a different from of Ibuprofen so please stay away from other anti-inflammatory while taking this medication.

**Nerve Pain: (itching/burning/tingling): Gabapentin (Neurontin) (started day of surgery as needed, please follow prescription ordered)** is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions mood-altering (depression or bipolar) medications as these can potentially interact.

**Tylenol (Acetaminophen) (started day of surgery as needed, please follow prescription ordered)** (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours) for the first 48 hours.

**Muscle Relaxer: Cyclobenzaprine (Flexeril) 5mg (started day of surgery as needed, please follow prescription ordered)** is a muscle spasm medication.

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**Narcotic Pain Reliever: Oxycodone 5 mg (started day of surgery as needed, please follow prescription ordered)** is an oral narcotic prescribed to manage your pain.

**Highly Recommended: over the counter**

**Docusate Sodium (Colace):** Stool softener: start one day following your surgery if you have not had a bowel movement since surgery.

**Magnesium hydroxide (Milk of Magnesium):** Bowel Stimulant: start one day following your surgery if you have not had a bowel movement since surgery.

- These may be taken together