



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Thigh Liposuction & Thigh Lift Post-Operative Instructions

Home Care

- After getting home, continue resting for the next 24 hours. You may sleep in any position you feel most comfortable.
- Wear supportive garment at all times for 6 weeks, unless showering. This is imperative to achieve a snatched lower body as your body heals.
- You may apply ice cold compresses to the inner thighs for 20 minutes every hour you are awake in the next 24 hours after surgery to reduce pain and swelling.
- Take your antibiotic and pain medications as prescribed by Dr. Tran. You may call our office or your pharmacy for any questions regarding your medications.
- Drink plenty of fluids and begin eating soft food, such as Jell-O.
- You may shower 24 hours after your surgery using a gentle soap over the incision sites. If you have Steri-Strips over the incisions, they can get wet and will eventually fall off by themselves.
- Avoid direct sun exposure to your body for several weeks after surgery to minimize scarring.
- Do not be alarmed if there are slight differences in the size, shape, and sensitivity between your thighs. It may take a few weeks for the swelling to completely subside.
- Avoid all forms of nicotine, smoking or the use of unauthorized medications as they can lead to complications and jeopardize the results of your surgery.

Drains

- Please strip the drain three times a day
- Then open the drain cap and record the output in cubic centimeter or milliliters (1 cubic centimeter = 1 milliliters)
- Empty bulb
- Reconnect the drain to the bulb and put the bulb on suction by squeezing the bulb while closing the cap on the bulb.
- Record the drain output of each drain/bulb separately, three times a day
- Keep the drain apparatus clean at all times.

Activity

Light activity can be resumed 1-2 days after surgery. Returning to work will vary based your work type, generally you may return to light work at approximately 7-10 days following your surgery. You may also start a light exercise regimen about 2-3 weeks after the procedure to best enhance the results of thigh liposuction.



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Follow-up Care

Your post-op appointment will be within 5 days of your surgery. Our staff will arrange for your visit at your pre-op appointment.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, persistent numbness/tingling of fingers, any increasing pain not controlled with medications, and if the splint feels tight and is squeezing your wrist/forearm, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hour.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

References:

- Beverly Hills Plastic Surgery. (2018). *Do you still have to work out after liposuction?* Retrieved from <https://www.beverlyhillspasticsurgeryinc.com/do-you-still-have-to-work-out-after-liposuction/#:~:text=How%20Soon%20Can%20I%20Exercise,resumed%20%2D2%20days%20after>.
- Ducic, Y. (2020). *After liposuction*. Retrieved from <https://www.drducic.com/post-op-instructions/after-liposuction/>
- Hand & Plastic Surgery Centre, P.L.C. (N.D.). *Thigh lift post-op instructions*. Retrieved from <https://www.eliteplasticsurgerygr.com/wp-content/uploads/2015/08/Thighliftpost-op.pdf>
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