

# THIGH LIFT POST-OP INSTRUCTIONS

## ACTIVITY

- Do not bend over or hyper-flex at the hips.
- Do not go up or down stairs.
- You may sit with your legs out in front of you (lazy-by reclined position), but avoid sliding across a surface (chair, seat of a car).

## DRESSINGS

- You will have either compression pants or gauze and ace wraps bandages in place.
- You may have oozing of blood from the incisions for 24-48 hours. You may lightly tape gauze over the incision. You may want to sit on an absorbent pad to protect your furniture.
- You may have a drain in each leg, which may stay in for 1-2 weeks. Please refer to the DRAIN CARE INSTRUCTION SHEET.

**AFTER HOURS ON-CALL NUMBER: 423.756.7134**

REFINEDLOOKS

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