



## **THIGH LIFT DISCHARGE INSTRUCTIONS**

### **FOLLOW UP CARE**

- Apply Aquaphor ointment to operative site and cover with gauze once a day, then reapply dressing after your first shower
- If a follow up appointment was not made the day of surgery, please call the office to make one

### **ACTIVITY**

- Bed rest for 24 hours
- Do not drive until cleared by Dr. Harvey
- Do NOT shower for 48 hours
- Sitz baths with Epsom salt once a day for 5 minutes, then dry the area between your legs with blow dryer on LOWEST setting, NO heat
- Do NOT lift more than 5 pounds for 1 week
- Calf stretching exercises four times per day
- No walking except to use the bathroom, shower or to perform calf stretching exercises

### **DIET**

- Resume previous diet as tolerated

### **MEDICATIONS**

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

### **PROBLEMS TO WATCH FOR**

- Fever over 101.4
- Increased swelling, redness and/or heat at operative site

**Call Dr. Harvey with ANY problems that concern you:** Phone # (843)722-1985 . If you need immediate attention, go to the nearest Emergency Department.

**I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.**

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**Patient/Responsible Party**

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**Nurse Signature**