

# RUSSELL B. STOKES, MD

A Medical Corporation

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## POST-SURGICAL INSTRUCTIONS FOR LATERAL THIGHLIFT

1. Go home to bed. Up to BATHROOM ONLY with assistance for 24 hours. KEEP QUIET!
2. Sleep on your BACK ONLY. Elevate your upper body with two pillows. If you do not usually sleep on your back, put a pillow at each of your sides to remind you to stay on your back. Place a pillow between your legs to abduct your legs by keeping them apart. This will reduce the tension.
3. The day after surgery you may be up & walking for short periods.
4. Your post-operative dressing is a girdle. You will also have dressings over the incisions inside the garment. DO NOT remove your dressing or garment. We will see you the following day after surgery and change the dressings for you.
5. You will have drains for 4-10 days after your surgery. We will remove them when the drainage has stopped or become minimal. You will be shown how to empty them as necessary.
6. You will need to sponge bath yourself for the first few days after your surgery. Leave your garment on at all times during these days. DO NOT get your garment or dressing wet. You may shower 24 hours after the drains have been removed. Put your garment back on for support immediately after showering.
7. You are to wear your support garment day and night for 2 weeks post-operatively. You must wear the support garment provided or one of equivalent support for 6 weeks after your surgery. Support must be provided during the day and especially when active or exercising.
8. Avoid over heated rooms and direct sunlight. This will cause more swelling.
9. Avoid strenuous exercise, reaching, lifting of things over 5 pounds, etc. until advised by your Doctor.
10. It is normal to have swelling & bruising following surgery. Swelling builds for the first 48 hours and then resolves. This will be the most uncomfortable period and then should get better. The garment may feel tight at first, but should feel better as the swelling decreases. Pain is a normal occurrence after surgery. Everyone's pain tolerance varies. **If you experience pain that is not relieved by the pain medication prescribed, please call the office.**
11. If you have excessive pain, swelling or bleeding please call the office (805) 687-0080.
12. Mild constipation may occur due to changes in eating habits & medications. Use Philips Milk of Magnesia to resolve this if necessary. Heartburn is also common after surgery. Mylanta is effective at controlling this.
13. We will remove your stitches within 10 days to 2 weeks from your surgery.

**I have read and understand these instructions.**

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Signature

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Date