



THIGH REDUCTION

AFTER YOUR SURGERY

- You will likely feel drowsy upon waking up from anesthesia.
- You may have a sore throat.
- You will see/feel swelling and bruising of your thighs. You will experience a "tight" sensation.
- Usually temporary loss of sensation of the skin of your thighs.
- Moderate discomfort.
- Possibly minor stinging when you urinate for the first time after surgery. This is due to the urinary catheter you will have in place during surgery.
- You will have a compression garment or wrap on your thighs. Do NOT remove the compression binder or your dressings.
- Rest, yet keep moving. Rest is important, although it is equally important to walk inside for 5-10 minutes every couple of hours while awake.
- Keep your thighs elevated as much as is possible. Avoid "stretching" the surgical area.
- Avoid heating pads and peroxide.
- Take the medication, as directed, to address any discomfort. The period of greatest discomfort does not usually last more than 24-48 hours.
- Your pain medication may constipate you. Be sure to take in plenty of good fluids such as water, broth, or sports drinks. Milk of magnesia can be purchased from the local drug store to help with constipation.
- No alcohol.
- No lifting, no pushing/pulling, do not allow your heart rate above 90 bpm.
- You may not shower until after your postoperative visit approximately 4 days after surgery. You may sponge bathe as needed.
- NO smoking. Avoid being around those who are smoking.

CALL THE OFFICE IF EXPERIENCING

- Pain not controlled by the prescribed medication.
- Excessive or sudden swelling on one side.
- Temperature higher than 101 degrees F.
- Severe nausea and vomiting.
- Pain in calf, knee, groin, or shortness of breath.
- Continuous dizziness or unusual behavior.

2 TO 7 DAYS FOLLOWING SURGERY

- During this time, you can expect to slowly progress day by day.
- No lifting, no pushing/pulling, do not allow your heart rate above 90 bpm.
- Please be sure to speak with Dr. Shell before you begin to drive or return to work or a regular routine at home.
- Continue a well-balanced diet with adequate hydration.
- Advice exposure to sun and heat.
- Continue to take prescribed pain medications as needed.
- Begin to transition from prescribed pain medication to over the counter alternative. Dr. Shell and staff can guide you through this as needed.
- Keep wearing provided compression dressings day and night.
- Your first post-operative appointment will be around 4 days after surgery. Your surgical dressings will be removed at this time and you will be able to shower. Wash your incision lines with Dial liquid antibacterial soap and pat them dry with a clean cloth.
- The small strips of tape covering your incision will fall off 2-3 weeks after surgery.
- Continue to keep your thighs elevated as much as is possible. Avoid "stretching" the surgical area.
- Continue to avoid heating pads and peroxide.
- Avoid exercise other than walking. Leisurely daily walks will help you feel better and prevent blood clots.
- Make sure to get up and move for about 10-15 of every 60 minutes while awake.
- NO smoking. Avoid being around those who are smoking.

1 TO 4 WEEKS FOLLOWING SURGERY

- Healing is a gradual process. It is normal to feel discouraged while waiting for swelling, bruising, discomfort, and numbness to diminish. Extra rest, a nutritious diet, and avoidance of stress are important aids to recovery. Once cleared by Dr. Shell, you may take Aspirin, Advil, Aleve, etc. at this time.
- No lifting, no pushing/pulling, do not allow your heart rate above 90 bpm.
- Continue to wash incision lines with Dial antibacterial soap and pat dry with clean cloth.
- The small strips of tape covering your incision will fall off 2-3 weeks after surgery.
- Your second post-operative visit will be approximately 1 week after your first visit. Your sutures may be removed around this time.
- Continue to avoid sun exposure and heat. Use sunscreen on incision as it may tend to hyper pigment.
- NO smoking. Avoid being around those who are smoking.

4 TO 6 WEEKS FOLLOWING SURGERY

- Overall swelling continues to subside and you will begin to settle into your natural appearance. Tenderness, tightness, skin numbness, or bruising (if remaining) will continue to diminish.
- You may submerge your body in water, following complete healing of your incisions.
- Once cleared by Dr. Shell you may ease back into your workout routine.
- Continue to avoid sun exposure and heat. Use sunscreen on incision as it may tend to hyper pigment.

THE FIRST YEAR

- Continued refinements in the appearance of your thighs may take up to one full year.
- Appearances continue to change with age. Just as other areas of your body may change with age, so can your thighs.
- Avoid direct sun exposure to scars the first year.
- Call our office if you notice a stitch coming up like a bristle brush along your scar. If the area around the stitch looks red and irritated, you may need antibiotics.
- Call our office if your scar becomes raised and/or ropy.