POST-OPERATIVE INSTRUCTIONS

MEDIAL THIGH LIFT

1. Please take prescription medications as written and directed. Do not take aspirin or aspirin type products (anti-inflammatory medication) for at least one week following surgery. Tylenol is allowed.

2. If nausea and/or vomiting occur, decrease the amount of pain medication if tolerable and see if that makes a difference. Taking gravol may also be helpful. Continue your non smoking protocol.

3. Once at home, commence with clear fluids, increase to full fluids and then to your regular diet, as tolerated.

4. Expect some post-operative discomfort so limit your degree of physical activity for 12 to 24 hours following surgery. Leave all the dressings in place including the white tape which covers your incisions. This tape will be removed at your first follow up visit. Expect some minor degree of blood soiling of this dressing.

5. Do not operate a vehicle or drink alcohol while taking antibiotics or pain medication.

6. If you experience continued discomfort associated with swelling of one or both legs, please contact Dr. Van Wyck at the office 613.722.7912 or, after hours, 613.862.8686.

7. You can take a shower the day following surgery.

8. Please confirm your follow-up visit date with Dr. Van Wyck’s office the day following surgery.

9. Additional instructions will be given at the time of your first follow-up visit.