

## *What is Thighplasty?*

A thighplasty, also called thigh lift, is intended to lift and recontour thigh skin that is unattractively saggy and dimpled. Many candidates for thighplasty have excess skin as a result of weight loss, or simply because of the natural effects of aging. Thighplasty removes excess fat and skin from the inner and outer thighs to create a tighter, firmer, more toned thigh appearance.

## **PREOPERATIVE INSTRUCTIONS**

1. Need to quit smoking.
2. No food or drink (including water) for 12 hours prior to surgery.
3. Before coming to the hospital, wash the surgical area with any bath soap. Wear no make-up. Dress comfortably. Women: Do not wear any pantyhose.
4. **IMPORTANT:** no aspirin, ibuprofen products prior to surgery. Remind the doctor of any allergies you have to drugs.
5. Please have all prescription filled prior to surgery. Antibiotics should be started to day before surgery.
6. *All* patients that have IV sedations require someone to drive them home after surgery.
7. Do *not* operate any vehicle or any other equipment for 24 hours following your surgery.
8. Bring insurance or medical cards on the day of surgery.
9. If your insurance requires a referral, please obtain this several days prior to your office visit.
10. If your patient is a minor, a parent or guardian **MUST** be present to sign the operative consent the day of surgery.
11. Non-cosmetic patients: Check with your family doctor to see if they would prefer you to have the pre-op testing done in their facility. Pre-op testing should be done three weeks prior to your surgery.
12. If you have any questions, please feel free to ask.

## **DRAIN INSTRUCTIONS**

### **How to empty the Jackson Pratt drain:**

1. Wash your hands and unpin the drain from your clothes.
2. Hold the drain with the stopper at the top.
3. Remove the stopper from the pouring spout and let the drain fill with air.
4. When the drain is fully expanded, read the amount of fluid in the drain by using the lines on the side of the drain.  
**Note:** Each line has a number next to it, 25, 50, 75 100 ml. This is the amount you will record on the drainage chart. If you cannot see the number, count the number of lines and record it on the chart as line 1, line 2, line 3 and so on.
5. Pour all of the liquid out into a paper cup.  
**Note:** To prevent infection DO NOT let the spout or the top of the open drain touch anything.
6. Now, use one hand to squeeze the sides of the bulb together. This will push all of the air out of the bulb. While keeping the bulb squeezed, use your other hand to put the stopper back into the spout.  
**Note:** Keeping the bulb squeezed together helps to remove drainage from under the skin.
7. Pin the drain back onto your clothes. This will help prevent the drain from being pulled out by mistake.
8. Write down the date, time and amount of drainage and bring this record to your first doctor's visit.
9. Discard the fluid into the toilet.
10. Wash your hands.

# **Thighplasty Surgery**



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## How should I prepare for surgery?

Complete all pre-testing and lab work 3 weeks prior to your surgery.

Antibiotics will be prescribed. Please alert the physician of any allergies to medications.

Fill your prescriptions prior to your surgery. Antibiotics should be started the day before surgery. All other medications will be used after surgery.

Pain medication is prescribed to alleviate your discomfort.

You may consider Zofran to prevent nausea. Your insurance may not pay for it. Ask the doctor for a prescription.

If you think you may have difficulty sleeping, Tylenol PM or Advil PM may be used.

You should purchase an abdominal/thigh girdle to bring with you to the hospital. This may be purchased at a department store (i.e. Macys). The office does have some in stock.

If you care for family or pets, please make arrangements to have assistance for the first 7 to 10 days.

You may want to begin taking yogurt with active cultures daily following surgery. Antibiotics can be tough on the digestive system.

It is best to practice getting in and out of bed by turning on your side and using your elbows to assist you. You may use a lazy boy chair initially.

Comfortable, loose fitting pajamas and clothing are recommended following surgery. Button up front shirts are preferable to pulling them over your head.

Shower and wash well prior to surgery.

Nothing to eat or drink after midnight the evening before surgery.

## What should I expect the day of surgery?

The surgery will be performed under general anesthesia. You will have an IV placed prior to surgery.

It is best for you to rest and take it easy the first night.

You will have an IV in place to ensure that you are receiving adequate fluids. It is also encouraged that you drink fluids throughout your recovery.

Only a light meal is suggested after surgery to avoid stomach upset.

Swelling and bruising are normal reactions to the healing process. Alert nursing immediately if you have concerns.

You will have a firm abdominal/thigh girdle in place at all time (to only be removed when showering).

## What Should I Expect The Following Day After Surgery?

You may feel as though you have more energy as the anesthesia wears off.

Again, it will be important for you to take it easy, be sure to alert the nurse of pain and need for medication if indicated.

You can shower after 24 hours. Remove dressing (not steri-strips) prior to showering and you may replace with clean gauze or Kotex dressing. A washable cloth belt may be used to clip on drains.

You may only lift items that are 2-3 pounds or less, such as a small purse. You will be asked to refrain from lifting beyond this limit for at least one month.

Do not remove the tan steri-strips. If it begins to lift from the skin and curl, you may gently trim these loose tape edges. You may use a hair dryer on a cool setting to dry the strips.

You will have site drains in place. They will not be removed for 7-21 days.

Patients are typically seen on a weekly basis until all drains are removed and seromas are resolved, and then monthly for three months. Additional follow up visits are usually scheduled at six months and one year. Patients may be seen intermittently for one to two years as final body contour usually requires 12 to 24 months to mature.

There is an average of 4-6 weeks for recovery. Swelling around the scar will persist for 2-4 months. Final contour may be seen at 12-24 months.