



Thighplasty Post Operative Instructions

Immediately After Surgery

1. Your first post-operative appointment will be with our staff the day after your surgery.
2. The following visit will be scheduled with a surgeon.
3. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
4. Maximum weight allowed to lift is 6 pounds for 6 weeks.
5. Do not take any aspirin-type products for 2 weeks after surgery. ONLY use the pain medication prescribed by the surgeon.
6. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
7. You are only allowed to take a single multivitamin a day.
8. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity for 2 weeks.
9. **YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed every 3 hours and walk 10 minutes for the first 24 hours after surgery. After the first 24 hours you need to walk 5 times per day to help prevent a blood clot.
10. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days followed by regular diet.
11. Showering:
 - a. Start showering 48 hours after surgery and do so once a day.
 - b. You are only allowed to shower for the first 30 days after surgery.
 - c. You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until one month after surgery.
12. Please do not wear jeans or tight pants for at least one month
13. Please strip and empty your JP drains every 4 hours after surgery. The drains will be removed by the staff at around one week post-op.

Compression Garment Instructions

1. Start wearing a compression garment after the drains are removed.
2. Wear the garment for 6 months to improve the appearance of the scar.

Medication indications:

You may begin taking your prescribed pain medication, antibiotics and nausea medication immediately after your surgery.

Long-Term Post-Operative Care

1. Do not drive for 5 days following surgery or until cleared to do so by your surgeon.
2. No smoking is allowed 4 weeks before and 4 weeks after surgery. Hopefully you do not smoke at all.
3. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
4. Please avoid all direct sun exposure to the wounds for 8 weeks after surgery. Start using sunscreen 7 days after surgery every day and use for the *rest of your life* to minimize scarring. After 8 weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.
5. It is NORMAL to have bruising and swelling to the surgical area. This will gradually improve over several weeks.
6. If you experience any fever, shortness of breath, chest pain or unusual pain in the operated area you must notify the office immediately.
7. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
8. These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

For **optimal scarring results** Dr. Zuriarrain recommends that you please purchase our **Silagen Scar Therapy System**, and begin using 2 weeks post operatively. Please ask one of our Staff members for more details.

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Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take you temperature with a thermometer a clinically significant fever is a temperature of **102 degrees Fahrenheit or greater**.

In case of emergencies:

The office can be reached directly at 786-804-1603. For any after-hour **emergencies** call:

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency

please go to:

1. Baptist Hospital
8900 North Kendall
Miami, FL 33176
786-596-1960
2. South Miami
Hospital
6200 SW 73
Street
South Miami, FL
33143
786-662-4000
3. Larkin Hospital
7031 SW 62nd Avenue
South Miami, FL 33143
(305) 284-7500