

## WHAT IS A THIGH LIFT?

A thigh lift is a widely used procedure that typically involves using a combination of liposuction and surgery to remove excess fat and loose skin from the thighs. This area of the body can be difficult to target with weight loss and exercise alone and, indeed, if you lose weight, it often makes the problem of loose skin worse.

This procedure is particularly beneficial for women or men who have lost a lot of weight and/or have lost elasticity due to aging and want to restore the firmness and overall appearance of their upper thighs.

Thigh lift surgery can restore a firm, toned, youthful appearance to the upper thighs.

### PRE-SURGERY CHECKLIST

1. Get prescriptions filled before surgery and Tylenol
2. Dressings (gauze or maxi pads/panty liners works well)
3. Antibiotic ointment (Polysporin) or Vaseline
4. Q-tips
5. Paper tape
6. Ice packs
7. Stop the use of all anti-inflammatories 2-weeks before and your surgery (Tylenol is fine to use)
8. Tight below the knee workout pants and/or biking shorts
9. Donut pillow for sitting
10. Book an appointment to see Dr MacDonald after your surgery

### AFTER SURGERY

1. You can shower two days after surgery. In the shower, peel off the dressings and tapes. Dry and then reapply ointment and a light dressing and put on tight sleeved shirt or rewrap the tensor.
2. If your dressing is leaking or heavily soiled before 2 days after surgery, you can replace with new dressing if needed (e.g. Maxi pads or gauze work well for replacement dressings).
3. After every shower apply antibiotic ointment or vaseline gently with a q-tip and cover. Continue for 2 weeks.
4. Ice may be used every 3-4 hours for the first 48 hours.
5. Don't do any activity that increases your heart rate for 4-6 weeks. Slow walking right away is recommended.
6. Massage your scars with a gentle cream or ointment starting 2-weeks after surgery for 1-2 minutes 3x day then wipe clean and apply paper tape or gel sheeting. Use constantly until you're happy with the scars.
7. Avoid using vitamin E creams or ointments.
8. All the stitches are dissolving.
9. Time off work is 2-4 weeks.
10. Bruising and swelling are normal and may spread but will settle in a few weeks.
11. Burning or itchiness around surgical site is normal.