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POST-OPERATIVE THIGH-LIFT INSTRUCTIONS

- Rest on the day of surgery. Drink plenty of clear liquids during the first two days following the procedure. You can eat whatever you can tolerate, however it is suggested that you begin with soups, toast, or other easily digested foods.
- If drains are placed, keep record of the output. If you did not receive a drain record, simply write the output on a piece of paper, noting the time of day and how many cc's. The drains can be removed when the output is less than approximately 25cc in a 24hr period which is typically within the first 5-7 days.
- Minimize the tension on the surgical sites. This means you may have to wedge a pillow between the legs for outer thigh surgical sites, or remain with legs close together for inner thigh surgical sites. Keep your head elevated on pillows as well.
- You may experience dizziness, lightheadedness, or be sleepy for several hours after surgery. This is perfectly normal, but you should not drive or operate machinery until you are no longer taking the prescribed pain medications.
- The pain medication may cause nausea. Eat/drink well to coat your stomach before taking it. If you experience mild itching, you may take Benadryl as directed. However, if you begin noticing a rash, call the office ASAP or go to the emergency room because you may be having an allergic reaction to the medication.
- Avoid physical exertion activities that cause sweating, an increased heart rate, lifting over 10 pounds, etc. for the first two weeks. You may slowly begin physical activities that do not cause pain after two weeks.
- We will follow up with you the day after surgery, but if you have any questions or concerns you may contact the office after hours. If you need immediate medical attention call 911 or proceed to the nearest emergency room.

I hereby acknowledge receipt of post procedure instructions. I have read them and understand them.

Signature: _____ Date: _____