



John T. Lindsey

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Plastic & Reconstructive Surgery

THIGH REDUCTION INSTRUCTIONS

Of all plastic surgeries, thigh reductions and/or lifts are the most difficult to recover from. Wound healing problems can happen with this surgery. This surgery is reserved for patients with unsightly draping skin in the thigh areas. Most often, this occurs after massive weight loss. In order to achieve acceptable results, two thigh reduction procedures are normally required about six months apart. This staged approach is required due to regional anatomic limitations and the fact that the lower extremities do not heal as well as other parts of the body.

Swelling in the lower extremities may persist for 6 months or longer. During this time, you will need to wear a custom fit support garment (which we will obtain for you).

When wound healing problems occur, additional dressing changes are required. The more extensive the skin excision, the more likely the chance for wound healing problems.

Smoking is absolutely prohibited for a minimum of 6 weeks prior to surgery and afterwards. Smoking is terribly detrimental to the wound healing process.

Your attention to these details is very important and will help assure the best possible result for you.

AFTER SUGERY

1. Keep the operation sites clean and dry for 24 hours. It is OK to loosen or adjust the compression garment as needed for comfort. After 24 hours, please

remove all dressings including the yellow gauze strips. It is OK to take a sponge bath at that time. Light showers are permitted after 24 hours. Expect some drainage on all dressings.

2. After showering, apply Mupirocin ointment (**or** plain Neosporin) to all incisions and cover with clean dressings. Hold the dressings in place with your compression garment. Do not use tape or other adhesives on the thighs, as these will blister and tear the skin.
3. Change all dressings daily. Adjust the compression garment as needed for comfort.
4. Elevate the legs above the level of the heart whenever you are not walking, as this position greatly reduces swelling of the legs and feet.
5. If you have drains, strip the tubes with an alcohol wipe and empty the reservoirs three times daily. Clean around the tubes daily with alcohol. Notify me when the drainage is less than 20 cc in a 24 hour period for each drain. The drains will be ready for removal at that time.
6. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication).
7. For the first 24 hours – Do not sign any legal documents or operate machinery. Have a responsible adult help you, and take it easy.
8. Clear liquids first. If no nausea, progress to a regular diet as tolerated.
9. Take medication as ordered. Please see the medication dosing regimen recommended by Dr. Lindsey. ***For the Enhanced Recovery after Surgery regimen to be effective, it must be followed as prescribed.*** Do not take pain medication on an empty stomach.
10. Avoid alcoholic beverages. No smoking
11. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
12. Call Dr. Lindsey at (504) 885-4508 (office) or (504) 495-5937 (cell) for: obvious bleeding, swelling or hardness of the thighs, fever over 101.5 degrees,

redness, swelling or pus at the wound, persistent vomiting, pain in the calf muscles, shortness of breath, or any problems or questions.

13. Please schedule your appointment approximately one week following your surgery.

14. Most patients require 10 to 14 days off work (at a desk type job). Mobility and ambulation are very important. You should be walking at the house the day after surgery. However, no strenuous activities for 6 weeks.