

## Medial Thigh Lift Post Op Instructions

Dr  
Paul  
Belt

### Rest

- ✓ Go home and rest.
- ✓ When relaxing, flex calves to help maintain leg circulation and reduce possibility of clots in veins.
- ✓ Overnight, remain within 1 hour's distance of the surgery in case of complications.

### Bleeding

- ✓ Minor bleeding is normal for the first 24-48 hours post-operatively.

### Wound Care

- ✓ Keep wounds dry for 48 hours. Leave dressings intact until you return to the Doctor.
- ✓ Support garment to be worn following surgery, day and night for six weeks.
- ✓ Garment can be removed when showering.
- ✓ Bruising ranging from purple through to yellow is normal.
- ✓ Swelling will be evident. This will settle down.

### Pain Relief

- ✓ A script will be provided for pain relief - sufficient for one week. If you run out, Panadeine should be adequate.
- ✓ Do not take Aspirin (unless prescribed) as it prolongs bleeding.
- ✓ Contact Dr Belt if pain relief is inadequate.

### Infection

- ✓ Please remember to take your antibiotics regularly as prescribed
- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
  - Increased pain, temperature and flu-like symptoms
  - Widespread redness
  - Offensive discharge coming from the wound.

### Exercise

- ✓ Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post operatively.
- ✓ Try gentle exercise ie. light walking
- ✓ Do not drive a motor vehicle for 14 days post operatively.
- ✓ Avoid sexual activity for 6 weeks post operatively.

Please contact my rooms on 3852 6800 at any time during office hours if you have any concerns. In the uncommon event that you cannot contact Dr Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.

### Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic, Level 1, 38 Misterton Street, Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.