



BOULDER PLASTIC SURGERY Prof., L.L.C.

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***AFTER YOUR THIGH/BUTTOCK or ARM LIFT-
Returning Home From The Surgical Facility***

To achieve the best possible result from your surgery, follow these instructions carefully. If you have questions or problems that are not addressed here, call our office and we'll be happy to help.

1. When you arrive home, make yourself comfortable and relax for the remainder of the day. Feel free to move around, but avoid any heavy exertion for 4-6 weeks. You'll feel tired and sore, and will sleep intermittently. Your energy levels will gradually return. Take several rest periods during the day to "recharge".
2. If your stomach feels fine, progress to foods, as you desire. If you are at all nauseated, do not eat solid foods, just drink small amounts of clear liquids, until the nausea passes. If it persists, call us.
3. During the first few days after surgery, take your pain medication as necessary, preferably after eating to avoid nausea. Most patients find narcotic pain medication unnecessary during the day after about 3-5 days, but still helpful at night for 10-14 days.
4. Your sleep cycle may be temporarily altered by surgery/ anesthesia/ drugs. If this persist, let us know.
5. *Ibuprofen (Motrin, Advil, Nuprin) or Tylenol is helpful starting early in the post operative period, and for an additional 7-10 days following discontinuance of oral narcotics to take you through the soreness phase of your recovery. Aspirin should be avoided for 2 weeks before the planned date of your surgery.
6. Most of your discomfort occurs in the first 24-48 hours following surgery and will decrease each day thereafter. *You may resume normal activities as tolerated.* Normal activities include caring for yourself and lifting routine objects. Ask if you have any questions.
7. You will return to the office for your initial dressing change and drain removal, if present, at 4 to 5 days. You will be fitted for a tighter garment at that time, if needed.
8. It is very important to leave the elastic garment or ace wrap on without removing it until that time. You should sponge bathe during this time. ***You will need to wear a compression garment or wrap for six weeks*** unless otherwise instructed by me.

9. You will have skin staples in the surface of your incisions. These will be removed at your initial dressing change at 4 to 5 days. If drains are present, they may also be removed at that time.
10. Do not soak in a tub or hot tub for the first two weeks after surgery.
11. All deep sutures placed in your incisions are beneath the skin and will be reabsorbed by your body in a few months. You will not damage your incisions at all by normal activity.
12. You will be instructed to massage the operative sites several times daily after your first follow up visit. It is very important to do this. *Not massaging operative areas will prolong healing, bruising and soreness.*
13. Avoid standing or sitting in one place for extended periods of time after the first 24 hours following surgery. This will cause pooling of blood in the lower extremities and may cause post-surgical complications. Remember to keep your legs elevated when sitting or lying down the first week after surgery.

Heavy bruising and some swelling of the operative areas is normal, especially if liposuction is done along with the lift, and may remain for several weeks after surgery.
14. Call the office if you experience persistent nausea after arriving home; temperature over 101 degrees; pain that is not controlled with your pain medication or swelling that is alarming or asymmetrical.
15. Prop up your arms (if arm lift), or elevate your legs (if thigh/buttock lift), as much as possible for the first 3 to 4 weeks after the surgery.
16. After you leave the surgical facility you will need to call for an appointment to follow up in the office, within 4-5 days.
17. Call the office if you have any further questions or concerns. **(303) 443-2277.**