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## **THIGHPLASTY INSTRUCTIONS**

A **thighplasty**, also known as a thigh lift, is a cosmetic surgical procedure to tighten and improve the appearance of your thighs due to excess skin on your thighs that can be a result of aging, pregnancy, or a significant weight loss. Your thighs may look dimpled with sagging skin or have a flabby appearance.

Your medical insurance does not cover this procedure. Please pay Tristate anesthesia (412-831-3744) and Tristate Surgery Center (724-225-8800 x110).

**Preoperative instructions** All pretesting lab work (CBC-bloodwork) must be completed within 30 days of your surgery. An EKG is required if you are over 50 years old and is valid for 6 months. Cardiac clearance will be required for any EKG abnormality for anesthesia. If you are over 40 years old, a mammogram is recommended. Do not use aspirin products two weeks prior to surgery; Tylenol may be substituted. Quit smoking- Smoking delays wound healing. Do not use alcohol 24 hours prior to surgery. Do not eat food or drink after midnight before surgery. Fill prescriptions prior to surgery and take as directed. Please alert the physician of any allergies to medications. Please start your antibiotics the evening prior to surgery. Pain medication may be used after surgery and will not be refilled. Do not wear make-up, jewelry, contacts or hair accessories on the day of surgery. Wear comfortable clothing and a shirt that buttons up front. You may want to begin taking a probiotic or yogurt with active cultures daily following surgery. Antibiotics can be tough on your digestive system. If you care for family or pets, make arrangements to have assistance for 7-10 days.

Please **preregister for Tristate Surgery Center**, 80 Landings Drive, Suite 101, Washington, PA 15301 online at [www.simpleadmit.com](http://www.simpleadmit.com) and **click** "Patients Start Here" and **use password** "TSSC724NEW" and complete the medical history form. For technical assistance call 877-848-4726. For other assistance, call the surgical nurse concierge at 724-225-880 ext 112. Once you receive the email with an Access Token and login instructions, please click the web page link in the email. You will be redirected to a login page. At the login page, your Access Token will be entered automatically. Enter your date of birth using the "MM/DD/YYYY" format. After entering your Date of Birth, click "Resume" Then you can review and modify your most recent health history form. (If you printed or saved your Access Token and login instructions, please, go to [tristatesurgery.simpleadmit.com](http://tristatesurgery.simpleadmit.com) and follow the Link "Patients Start Here" and enter your secure Access Token and enter your birthdate "MM/DD/YYYY" and click "Resume" and then review and modify your most recent health history form.)

**What to expect on the day of surgery?** Arrive at the Tristate surgery center at the specified time. Bring your license and insurance cards. *You may be required to pay in advance.* The surgery will be performed under general anesthesia. You will receive an IV prior to surgery that will be used for fluids and medications. Your surgery will be outpatient and all patients will require someone to drive them home after surgery.

**Postoperative instructions** Drink plenty of fluids, preferably clear liquids, no carbonated or caffeinated drinks. We encourage you to start with liquids and then progress to solid foods. 60 gm protein is required daily. Swelling and bruising may occur. Avoid alcohol while taking medications. Take antibiotics until they are completed. Pain medication may be taken as needed and constipation may result. Magnesium citrate may be used to relieve constipation and should be used early in the morning. Do not take more than the directed amount of any medication. We suggest that you eat prior to taking medications to avoid stomach upset. You may shower after 24 hours, remove gauze and leave steri-strips in place. Do not submerge the wound in water. After showering, dry the areas and place gauze or kotex to the area to collect drainage and replace ace wrap for first 2 weeks. You may apply ice as needed 20 minutes on and 20 minutes off. Keep ace wrap in place all day for at least 4 weeks. The compression shorts will help prevent a seroma (fluid collection in the open space). Avoid strenuous activities including lifting, pushing and pulling for 4 weeks. Do not lift more than 2-3 pounds for 2 weeks. You may lift only 8 pounds (gallon of milk) for at least 1 month. Casual walking is acceptable. Driving is permitted once the patient is no longer taking pain medications. Do not smoke. Smoking delays wound healing and the sutures dissolve at 4 weeks. Notify the office if the patient has a fever of 101 or greater, chills, severe nausea and vomiting or excessive bleeding or drainage.

Follow up appointments: \_\_\_\_\_