



Neil J. Wells INC. MD, FRCSC

Plastic & Reconstructive Surgery

Hand & Microvascular Surgery

Cosmetic Surgery

LOWER BODY LIFT POST-OPERATIVE INSTRUCTIONS

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of lower body lift, and signs to watch for following surgery include the following:

Tightness and stiffness in abdomen, buttocks, hips and thighs; bruising, swelling and redness; tingling, burning or intermittent shooting pain; these are normal experiences as the skin, tissues and sensory nerves heal. Pain medication and anti inflammatories will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort.

Skin firmness, hypersensitivity or lack of sensitivity: This is normal and will gradually resolve over time.

Shiny skin or any itchy feeling: Swelling can cause the skin in treated areas to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling. An antihistamine like Benadryl can help to alleviate severe, constant itchiness.

If the skin becomes red and hot to the touch, contact our office immediately.

Asymmetry: both sides of your body heal differently: One side of your body may look or feel quite different from the other in the days following surgery. This is normal.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever (over 101.5)**
- **Severe nausea and vomiting.**
- **Continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses, for no longer than 20-minute intervals with 5 to 10 minute break .

DAY OF SURGERY INSTRUCTIONS

Whether you are released after surgery or after an overnight stay in a recovery center or hospital, you will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you, around the clock in the first 24 hours following surgery.

- **Do not stand fully upright:** If your body lift included the abdomen, you must not stand fully upright.
- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory, meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline, do not lie down.** This will be more comfortable for you, assist you in getting up, and accommodate the proper positioning of your body.
- **Good Nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, caffeine-free and green tea-free beverages including fruit juices and water, milk and yogurt drinks. Stick with soft, bland, nutritious food for the first 24 hours.
- **Wound care.** Your incisions will seep fluid and some blood 24 – 48 hours after surgery. Carefully follow the instructions for drain care and record drained fluid.
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in any stressful activities. Do not lift, push or pull anything. Take care of no one, and let others tend to you.
- When getting up from lying down, sit on the bed for 1 minute, then stand up in place for 30 seconds, prior to walking. This will decrease dizziness and the risk of fainting.

TWO TO SEVEN DAYS FOLLOWING SURGERY

During this time you will progress as each day passes. Ease into your daily activities.

- **Wound care: You may shower starting on the second day after your procedure.** Take a warm, not hot shower. Do not take a bath. Limit your shower to 10 minutes, and use anti-bacterial soap. Do not rub your incisions. You should cleanse around the drain sites 2 to 3 times daily with cotton swabs, moistened with hydrogen peroxide. Apply a fragrance free moisturizer to the surrounding skin, however not on your incisions. Use the compression garment to hold all of the dressings in place.
- **Continue to wear your elastic wraps or compression garment around the clock.**
- **Begin massaging the abdomen and hips gently, 2 to 3 times daily.** This can help soften any firmness or contour irregularities.
- **Do not resume any exercise other than regular walking.** Walking is essential every day to prevent the formation of blood clots.