



Tigh lift Aftercare Instructions

Recovery Timeline:

•**Week 1-2:** You may experience significant swelling, bruising, and discomfort in your thighs. You may also have some stitches or sutures on your thighs, along your groin or inner knee. You should use ice packs and medication as directed by your surgeon to reduce the inflammation and pain. You should follow a soft or liquid diet and avoid chewing, talking, or smiling excessively. You should also avoid any strenuous activity or exercise. You will have a follow-up visit with your surgeon to check your healing progress and remove the stitches or sutures.

•**Weeks 3-4:** You will notice an improvement in your swelling and mobility. You can transition to normal foods and resume your daily activities, such as work or school. You should still avoid any strenuous activity or exercise. You should also use sunscreen and sunglasses to protect your thighs from sun exposure and damage.

• **Weeks 5-6:** You will have much less swelling and soreness in your thighs. You can resume your normal diet and exercise routine. You should still avoid any contact sports or activities that may injure your thighs. You can also massage your thighs gently to improve blood circulation and healing.

• **Weeks 6-8:** You will have almost complete recovery from your thigh lift surgery. Your swelling and bruising will be mostly gone. Your thighs will be healed and stable. You can enjoy the results of your surgery and see the difference in your appearance and contour.

Medications:

- You may be prescribed painkillers, antibiotics, and anti-inflammatory drugs to help you manage the pain, prevent infection, and reduce swelling after your surgery.
- You should take them as directed by your surgeon and follow the instructions on the labels.
- You should also avoid taking aspirin or NSAIDs, which can increase bleeding risk.
- You may also use ice packs or cold compresses on your thighs for 15 minutes at a time, several times a day, to reduce swelling and bruising.

Activity Restrictions:

- You should keep your legs elevated on several pillows while sleeping or resting for the first week.
- You should avoid any strenuous activity or exercise for 3-4 weeks after surgery.
- You should also avoid any contact sports or activities that may injure your thighs. You may resume your normal activities after 6 weeks or as advised by your surgeon.

Incision Care:

- You should keep your incisions clean and dry. You should monitor them for signs of infection, such as pus, redness, or fever.
- You should apply antibiotic ointment to closed incisions twice a day for one week. You should avoid submerging your thighs underwater.
- When showering, you should keep your thighs dry or cover them with a waterproof dressing.
- You should wear a compression garment or a thigh wrap as directed by your surgeon for one to two weeks.

Diet:

You should stick to cool, soft foods for the first 5-7 days after surgery. This includes items like yogurt, soup, smoothies, etc.

- You should avoid scorching, spicy, or crunchy foods temporarily, as these can be irritating or damaging to your thighs.
- You should stay hydrated by drinking at least 64 oz of water per day. You should also avoid alcohol and tobacco, as these can impair your healing and increase your risk of complications.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

