

## **Patient MEDIAL THIGH LIFT/EXTENDED MEDIAL THIGH LIFT Checklist**

1. Stop all aspirin and anti-inflammatory containing medications 2 weeks prior to procedure.
2. Stop alcohol 72 hours prior to procedure.
3. Fill prescriptions and start taking antibiotic 1 day prior to procedure.
4. Have Tylenol handy for pain relief.
5. Have Metamucil, stool softeners and gentle laxatives handy in case of constipation. (This is important)
6. If desire, you can rent equipment like an elevated toilet seat or automatic recliner.
7. You can use a funnel or make one from a styrofoam cup, you simply cut the bottom off the Styrofoam cup, to aid in urinating. Sitting will be difficult at first.
8. Light foods such as soup, crackers, toast, oatmeal, rice, 7-up, ginger ale or Gatorade are good items to have ready.
9. Shower the evening before and morning of surgery with an antibacterial soap.
10. Wear loose fitting and easy to get into clothing after surgery.
11. Arrange for a driver to take you home.
12. You will need help for the first few days.