

## HELPFUL HINTS AND SUPPLIES FOR MEDIAL THIGH LIFT/EXTENDED MEDIAL THIGH LIFT

1. For your protection, leave all valuables and jewelry at home. Dress in clothes that are easy to get in and out of. We suggest button-down-the-front, loose washable items.
2. We *require* that you have someone stay with you for the first 24-48 hours after surgery for assistance and monitoring. This is very important so be sure and make arrangements.
3. You may want to purchase a few helpful supplies *prior* to surgery.

**Rental Furniture-** Should you have difficulty getting out of chairs and bed after surgery you could rent an automatic recliner, especially if you do not have a lot of help at home. Some local supply companies are Southwest Medical & Rehab 602-230-9493 or Healthcare Supplies 480-829-7181. These companies will deliver and pick up these items at no cost.

**Tylenol-** You may not take any type of aspirin containing medications, Motrin, Advil, Nuprin, Aleve, Ibuprofen, for at least two weeks before and 1 week after surgery. In case of a need for an analgesic Tylenol is the drug of choice. Prolonged usage of prescribed pain medication is not recommended as it has many side effects, which can interfere with recovery. Some of these include constipation, nausea, loss of appetite, sleep disturbances and just a generalized sensation of not feeling well.

**Metamucil-**We advise you to have some type of stool softener or gentle laxative agent to help with constipation. It is a good idea to remember to drink adequate amount of water, approximately eight glasses a day.

**Dietary-**You may see a change in your appetite. We suggest you try to keep something light in your stomach. Some light foods to try are soup, crackers, toast, oatmeal, rice, ginger ale, or 7UP. Also, Gatorade is really good to drink to help with replenishing your hydration needs. Do not worry if you don't feel like eating for the first few days. It is not harmful and your normal appetite will return. Even if you normally do not suffer from constipation, narcotics cause this in everyone. We recommend that you prevent this extremely uncomfortable problem from occurring in the first place by beginning an anti-constipation agent right away and taper off your narcotics as soon as your discomfort allows.

**Showering-**Be extremely careful when showering for the first few times. The majority of patients will become faint. Make sure there is someone around when you shower until this resolves. You also should be very careful getting up in a standing position in general. Take your time and don't just jump up to prevent fainting.

**Difficulty sitting-**Because of the initial tightness of your incisions, sitting, such as on a toilet, may be difficult. We recommend a "toilet lifter" for after surgery. Also, using a Styrofoam cup with the bottom cut out as a funnel can allow you to urinate without having to sit.