

Pre & Aftercare Information

Thigh Lift



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).
For out of hours emergencies and at weekends, please call 07753 211771.

Procedure Information

Preparation before surgery:

- Smoking (Cigarettes or E-cigarette with nicotine): you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.
- Flying before and after surgery: Short haul (less than 3 hours - you must not fly for 7 days before your procedure and 7 days after your procedure) Long haul (more than 3 hours - you must not fly for 14 days before your procedure and 14 days after your procedure).
- Please arrange transport home with a family member or friend. They can drop you to the hospital and see you after your surgery. You must have someone over the age of 18 stay with you for the first 24 hours after discharge.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising. If you are on blood thinning medication, notify us immediately.
- We will provide you with a surgical garment, which the surgeon will put on after the procedure and a second garment at your first follow up appointment. If you wish you purchase additional garments, please speak with your patient coordinator.
- Please ensure you have taken enough time off work. We usually advise patients to take 7 - 10 days off work. If your job involves strenuous manual work, 4 weeks is usually recommended. You will have limited mobility for the first week, ensure childcare is arranged or you have someone to help you.
- Your patient coordinator will arrange a pre assessment appointment before your surgery. We will notify you of the date by email or phone.
- You will have 1 overnight stay with us, we provide a toiletry bag with all essentials such as shower gel, shampoo and conditioner as well as a toothbrush with toothpaste and a spa gown. Do pack slippers and a comfortable set of clothes for discharge. Feel free to bring along an entertainment device and/or phone (and their chargers). If you take medication regularly, bring this with you.
- We ask all patients to remove false eyelashes and nail treatments including varnish before attending for surgery, as well as fake tan and all jewellery.
- Admission times are allocated the week before surgery, and confirmed by phone the day before.

Procedure Information

The day of surgery:

If you are scheduled for general anaesthetic, please observe the following:

- Do not eat anything up to 6 hours before your surgery. This includes boiled sweets and chewing gum.
- Do not drink anything but water up to 4 hours before your surgery. Please stop drinking altogether up to 2 hours before your surgery.
- Please arrive at the hospital for your admission time.

Procedure Information

Aftercare in the following days and weeks post procedure:

We will call you a few days after your surgery to see how you are feeling and to also make follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist.
- Approx 6 week follow up in clinic or by phone if you live at a considerable distance.
- Approx 6 month follow up either in clinic or by phone.

If you have any concerns, our door is always open and additional follow up appointments can be scheduled by contacting your patient coordinator or Bella Vou directly.

- You can shower the day after surgery and daily thereafter, using your usual products, keeping the micropore tape on the incision sites. Once finished, gently dab the tape dry with your towel. The tape must be changed weekly as advised and worn for a total period of 3 months. We will provide a supply of tape in your aftercare bag.
- Please wear your compression garment for a minimum of six weeks after surgery (remove it prior to showering and if the garment needs washing).
- It is important not to remain in bed all day, get out of bed for meals. It is imperative to take short, light walks around the house at least 3 times daily, this helps decrease the formation of blood clots in the legs.
- You will be provided with compression stockings which must be worn night and day for the first 2 weeks, unless showering. If you are more mobile after the second week, you may remove the stocking during the day, only wearing them at night, but do remember to move your feet up and down at regular intervals during the day, as you would on a long haul flight.
- Because of the location of your incisions, it is impossible to avoid lying on them. Move as carefully as possible. Try to put as little stress on the incisions as possible. Change position at least every 30 minutes.
- When resting, particularly in the first week,, keep your legs slightly bent at the hips when resting,, this minimises the tension on your incisions. Carefully placing a plump pillow under your knees is enough to achieve this. Sleeping with your feet slightly elevated, reduces swelling, normal sleeping positions may be resumed after 2 - 3 weeks.
- Mild discomfort and tightness in the thigh area is common for the first 48 to 72 hours. After the third day, the pain will be resolved significantly and the tightness will begin to feel normal.
- Do not apply hot or warm compresses to the areas.

- It is not uncommon for your genitalia, legs and feet to become swollen and/or bruised after surgery. If it becomes excessive, call us.
- Using a jug made of soft flexible plastic, can help making urinating more comfortable in the initial stages of recovery, when sitting of a toilet can be uncomfortable.
- A compression garment must be worn 24 hours a day (including overnight) for the first 6 weeks, your garment will have vents so that you may visit the restroom with ease. The garment may be washed on a gentle cycle and air-dried. While this is being done, please stay off your feet and minimise activity.
- Avoid lifting anything over 10 pounds for the first 6 weeks.
- You may require painkillers in the first few days following surgery, which we will supply. We recommend a combination of the painkillers, ideally alternating doses throughout the day as recommended upon discharge, please following the directions given by the nurse.
- Stay well hydrated and ensure you maintain a healthy diet.
- You will have limited mobility in the first week.

Procedure Information

Frequently Asked Questions

When can I start exercising?

You can start low impact exercise 6 weeks after surgery, such as: walking, bike. Please avoid running, pectoral exercises and weight lifting for about 2-3 months after surgery.

How soon am I likely to feel energetic after the general anaesthetic?

It can take up to one month for your normal energy levels to return.

When can I start driving?

We recommend after about 1 week minimum. You need to be able to perform an emergency stop safely before you resume driving. If you are taking codeine for pain relief or sedatives, you will not be (...?)

When can I resume manual work or heavy lifting (housework, gardening, picking up children etc)?

You can resume heavy lifting after 6 weeks. Please listen to your body however if you need more time, allow for this as patients heal at different rates.

When can I go swimming or have a bath?

You may use a swimming pool and enjoy a bath after 3 weeks however, no swimming for the first 4 - 6 weeks.

When can I fly?

You can fly 6 weeks after surgery. Ensure movement of the legs and feet after every few hours.

When can I go into the sun?

We recommend protecting the incision from sunlight for a year after surgery, using an SPF 50+. In the first 6 - 9 months following the surgery, the scars are immature. Even with a light top on, if the sun UV rays hits the scars they will go red. This will be the case until the scar matures, fades and becomes paler. This usually occurs by 9 months. After this time the scarred area will behave like your normal skin. Therefore prior to this time we advise high protection creams to prevent burning of the area.

When will I be able to resume intimate relations?

Avoid intercourse for 2 weeks, and then continue to be careful for the following 2 weeks.

What should I look out for while I'm recovering?

If you experience severe pain that does not respond to medication or if the incisions show signs of infection, such as redness that spreads out away from the incision site and is exquisitely tender or if you develop fever and chills. If you experience any of these symptoms, call us immediately.

Some Final Bits...

What should I do if I have questions or concerns about my procedure post operative?

Should you have any concerns during the first days or weeks of your recovery, such as whether everything is settling properly, if you suspect an infection or your wound has opened up a little; please be assured that we are always on hand to support you, so please contact us directly. During clinic opening hours, please call the clinic on 01892 257 357. For out of hour emergencies, please call 07753 211 771. While it's tempting to look for health advice online to find an answer to a question or concern, your procedure, your surgeon and your body are completely unique so please speak to your patient coordinator who will arrange for a clinician to set your mind at ease. Typically there is nothing to worry about in most instances, our team of specialists nurses and surgeons are always on hand to assist and assure you.

Revision Policy

General Revisions

While our surgeons always strive to achieve the best possible results for each patient, complications can occur (while very rare) with any form of surgery. Our revision policy covers the patient for any complications incidental to our clinical care as well as any corrective revision surgery that may be required if the outcome we expected you to achieve wasn't at first realised. So whether you require further treatment as a result of an infection or wound problem or require an adjustment to achieve the expected result, Bella Vou include all of this care as part of our commitment to you.

Cosmetic Dissatisfaction

Sometimes an unrealistic expectation might be formed as to the extent of what the procedure would achieve. This tends to be very rare as our world-class surgeons work hard to understand that the desired outcome you seek prior to surgery is realistic with what is medically possible for skin quality, BMI and other underlying factors. During the consultation(s) prior to surgery, the surgeon and the patient will establish what would likely be achievable based on that patient's unique physiology and their individual needs and desires. This would be termed a 'desirable outcome', if that result has not been met, then we would correct that for the patient without further a fee.

Herewith a few examples to help you understand where we would offer revision surgery.

- A breast augmentation patient who underwent breast surgery now has irregularly shaped breasts or who's breasts are not symmetrical in appearance.
- A patient who underwent a tummy tuck and liposuction to the flanks, whereas one flank is nicely contoured, the other has a bulge.
- A facelift patient who develops a pixie-ear deformity in the months following surgery.

With all such examples, Bella Vou would revise these without costs.

Herewith a few examples to help you understand that would not be covered under our revision policy.

- A facelift patient declines a recommendation by the surgeon to have liposuction to the neck as part of a face and neck lift procedure to remove some excess volume and to give the best result. Post surgery, the patient complains that their neck is not as tight as they would have expected. Whilst we can address this concern for the patient, the patient did not take the recommendation of the surgeon previously and now wants the neck tightening further as the neck is still full in appearance or has lax skin. A charge would be incurred for this additional treatment.
- A breast patient is advised by her surgeon to have an uplift in addition to having breast implants to improve the shape and appearance of her breasts. The patient only wants further volume by having implants as her budget is tight. Whilst the patient is happy with the size of her breasts post surgery, she is not happy with the overall appearance as the nipple position is low with less volume in the upper part of her breasts. A charge would be incurred to separately uplift the patient's breasts.
- A tummy tuck patient undergoes a tummy tuck procedure and whilst initially delighted with the result, she then goes on to have further unexpected children or has significant weight gain. The patient is unhappy that her tummy has developed loose skin and is not as flat as it previously was. We can further improve this patient's appearance but this would incur a fee.

In Summary

It is important to bear in mind that our surgeons agree on a 'desirable outcome' with the patient prior to the patient agreeing to any treatment. If the patient is in any way unhappy with the 'desirable outcome' put forward by the surgeon, they are under no obligation to proceed with the surgery.

Please do not hesitate to contact us if you have any questions, queries or concerns.

Market House, 45-47 The Pantiles, Royal Tunbridge Wells, Kent, TN2 5TE
t: 01892 257 357 e: hello@bellavou.co.uk w: www.bellavou.co.uk

