



## SUMMARY OF POST SURGERY INSTRUCTIONS FOLLOWING **THIGH LIFT**

### DRESSINGS AND MEDICATIONS

Supportive dressings to stay on for one week, changed every week for three weeks for protection from the supportive garment. All prescribed medications to be taken as instructed.

### FOLLOW UP APPOINTMENTS

At 1 week, 3 weeks and 4 and 12 months, but this can vary.

### TIME OFF WORK

Typically 2 weeks.

### GARMENTS

Supportive garment for 4 weeks.

### WASHING

Shower from day one as you have a waterproof dressing and skin glue.  
No baths.

### BEACH AND SWIMMING

After all wounds are dry and healed at approximately 4 weeks.

### SLEEPING POSITION

Sleeping on back with extra pillows behind back and knees to take tension on thigh stitches.

### MOBILITY

Immediately, but advised to not overstretch on stairs or squatting in the first week.

### DRIVING

At 2 weeks.

### EXERCISE

None for 4 weeks. NO heavy lifting or exertional jerking leg/thigh exercises for 6 weeks.

### FULL RECOVERY

6-8 weeks.

### FINAL APPEARANCE

Thigh contour at 6 months, scars at 18 months.

Maison Lutétia Dubai  
Dubai Festival City, Dubai  
United Arab Emirates

Web: [drorymcgoldrick.com](http://drorymcgoldrick.com)

Email: [enquiries@drorymcgoldrick.com](mailto:enquiries@drorymcgoldrick.com)



## DR RORY

FACE BREAST BODY SKIN

Mobile: **+971 543871452**  
(WhatsApp messages only)

Personal Assistant: **+971 589424657**

Maison Lutetia Clinic: **+971 47064000**  
General booking enquiries

YOUR NOTES AND QUESTIONS