

**ARMEN VARTANY, M. D.**  
Certified, American Board of Plastic Surgery  
**116 South Buena Vista Street**  
**Burbank, California 91505**  
**(818) 500-0823**

## **INSTRUCTIONS FOR THIGH LIFT**

### **BEFORE SURGERY**

Do not take aspirin, Excedrin, Ibuprofen, Motrin, Advil, Aleve or any other non-steroidal anti-inflammatories, for two weeks prior to surgery and for one week after surgery. These medications interfere with normal blood clotting. You may take Tylenol, if needed, for minor aches.

For a period of two days prior to surgery, use antibacterial soap (Dial, Safeguard, Phase III, etc.), for bathing.

Telephone the office if you notice any signs of fever, infection, pustules, or a cold.

You may brush your teeth the morning of surgery, but **have nothing to eat or drink after midnight the night before surgery**. If you take any medications for blood pressure or your heart, please take them with a sip of water as scheduled.

Wear a loose fitting outfit (button-up blouse or shirt type dress and loose fitting pants) which have been freshly laundered. Do not wear pantyhose, boots, and girdles or any garment that requires being put on over your head.

Do not wear any make-up, nail polish or jewelry to the surgery center.

If you wear contact lenses, be sure to bring a case and solution as your contact lenses will need to be removed prior to surgery. You will be able to put your contact lenses back in approximately one day after surgery.

Please park on the second floor of our parking structure. This is the level that you will be discharged.

When you arrive for surgery, you will advise the facility who is to be called to take you home. Once you have been transitioned to the recovery room, your designated ride will be contacted. Your ride will need to arrive within 30 minutes for instructions and discharge.

You **must** have someone spend the first night with you.

If you have any questions, prior to surgery, please call the office at (818) 500-0823.

## **AFTER SURGERY:**

Return home and go directly to bed, with only assisted bathroom privileges for the first 24 hours.

Take medications as directed\*\*. Remember that NO alcohol is permitted for one week to ten days, depending on when you are allowed to cease taking medications.

Upon arrival to your home, you may have small quantities of liquids as desired and/or tolerated. \*\*If you are experiencing any nausea, avoid taking the anti-biotic and/or pain medication until the following day when you may progress to a soft diet. After that, you may eat as desired and/or tolerated.

You may have a sponge bath on the second day after surgery, but under no circumstances, should the bandages become wet. You will be able to take a shower after your first post-operative appointment as instructed by the doctor or nurse.

Your applicable garment should be worn for six weeks after the operation.

Do not attempt to sleep on your stomach for four to six weeks after surgery.

Avoid getting overheated, and do not sit out in the sun for at least two weeks. Additionally, avoid any exercise and/or strenuous activity that could potentially elevate your heart rate or blood pressure for four weeks after surgery.

Do not drive a car until you are given permission.

If there are any signs of persistent nausea, bleeding, rash, etc., you are to report this to the office.

Should you have a question or concern during office hours:

Monday – Friday 7:30am – 6pm (Closed 12pm - 1pm for lunch)

Saturday 7:30am – 4pm (Closed 12pm – 1pm for lunch)

Please call the office at (818) 500-0823.