

## Guidelines for invasive procedure aftercare

### *Thigh lift and brachioplasty*

Stay in the hospital	1-2 nights
Initial follow-up visit	On the 2nd-3rd week
Next mandatory visit	On the 3rd month
The bandages will be removed with drains	On the 2nd day
First shower	On the 5th-7th day
Wear supportive underwear	For 2 months
Use patches	For 1 month
May go to work	After 3-4 weeks
Bruising appears	For 4-6 weeks
Swelling appear	6 months
Avoid physically hard work	3 months
Avoid sexual relations	2 months
Threads self-dissolve	For 6-8 weeks
The sutures will be removed	On the 3rd-4th week
Forbidden to smoke	1 month
May go to sauna	After 3 months
Decrease of sensitivity in tissue may manifest	1 year
Outcome can be evaluated	After 12 months
Protect skin from UV radiation	For 1 year