

*Dr. Jeffrey Cole*  
*30140 Harper Ave. Suite 300*  
*St. Clair Shores, MI 48082*  
*Phone: (586) 415-6800*

### **THIGH/BUTTOCK LIFT POST-OP INSTRUCTIONS**

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. The first 24 hours after return home from surgery, absolute bed rest. You may get up to use the bathroom only.
3. **NO SEXUAL INTERCOURSE** for approximately 2 weeks.
4. **FLUIDS ARE EXTREMELY IMPORTANT!** Drink fluids such as Gatorade, clear Juices, or water. Do not drink anything very cold or hot, room temperature is best.
5. Take medications as prescribed. If you are taking pain medication that makes you feel drowsy, have someone else give you your medications at the proper time intervals. Under such circumstances, you could forget and take them too often.
6. NO driving, alcohol, or use of electrical devices for 24 hours post operatively.
7. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.
8. Use pillows under your knees to keep them flexed. A lazy-Boy chair is best.

***If you have any questions, concerns, and/or problems call Dr. Cole***  
***Office Phone: (586) 415-6800***  
***After Hours answering service: (248) 544-6989***

**If you experience any of the following please contact Dr. Cole:**

1. Severe pain not responding to the pain medication.
2. Temperature elevation over 100 degrees.
3. Marked swelling.
4. Any excessive bleeding.
5. Other questions or problems.

**Post-Operative Appointment:** \_\_\_\_\_  
I Have read and understand the above instructions.

**Responsible Party/Relationship:** \_\_\_\_\_

**Patient's Name:** \_\_\_\_\_

**Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_