



PATIENT RECOVERY GUIDE

Thigh Lift

Aftercare Instructions

Your personalised recovery guide following thigh lift (thighplasty) with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Thigh Lift		DD / MM / YYYY	DD / MM / YYYY

Your recovery after a thigh lift goes most smoothly when you protect the incision. The inner thigh and groin fold heal under tension, so wear your compression garment, move gently and early, and keep weight off the wound where you can. The stitches are hidden and dissolvable, so there is nothing to remove — just give the area time, and your firmer, smoother contour will settle in over the weeks ahead.

1 The First 48 Hours

- ◆ **Compression garment.** Wear your garment as fitted; it supports the thigh and limits swelling and seroma.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Move early, gently.** Get up and walk within a few hours; early movement aids healing and circulation.
- ◆ **Keep the area clean.** Keep the groin and inner-thigh incisions clean and dry; you may shower at 2–3 days.
- ◆ **Mind the groin incision.** Avoid wide leg movements that stretch the incision; sit and rise carefully.
- ◆ **No heavy lifting.** Avoid heavy lifting and strenuous activity until about 4 weeks.

2 Recovery Timeline

- DAYS 1 – 3
Early healing. Home the next day. Up and moving within a few hours. Mild–moderate discomfort eased by medication. Shower at 2–3 days.
- DAYS 3 – 7
Back on your feet. Travel possible in 3–4 days; downtime is 5–7 days. Most feel much better by 7–10 days as swelling fades.
- WEEK 4
Sport resumes. Return to heavy lifting and sport at about 4 weeks, easing back in as your body allows.
- MONTHS 1 – 6
Final contour. Swelling fully settles and the firm, smooth thigh contour emerges; the scar in the fold steadily fades.

“I hid your scar in the groin fold and anchored the lift so it lasts — now protect that healing seam. Wear your garment, move gently, and let the tension settle; smoother, more comfortable thighs are on their way.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your compression garment as directed.
- ◇ Rest with the legs supported, not crossed.
- ◇ Walk gently from the first day to support circulation.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Wide leg movements that stretch the groin incision.
- ◇ Heavy lifting or sport before about 4 weeks.
- ◇ Smoking, which delays healing and risks wound breakdown.
- ◇ Sun exposure on the healing scar.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or spreading swelling.
- Opening, discharge, or bleeding of the thigh or groin incision.
- Severe or increasing pain not eased by medication.
- A firm or growing fluid collection under the skin (seroma).
- Calf pain, swelling, or shortness of breath.

5 Discharge Checklist

- ☐ Compression garment fitted and spare provided.
- ☐ Pain relief and any antibiotics collected.
- ☐ Incision-care and showering instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS