

# THIGH LIFT

## Background

One of the most common complaints we hear from our patients during body contouring consultations is the appearance of loose or baggy skin along the inner thigh. It occurs because the skin of the inner thigh has less elasticity than other parts of the body. As a result, patients who lose a large amount of weight, especially gastric bypass patients, are likely to be left with this problem. It can also occur after large amounts of liposuction or as part of the normal process of ageing. If you have developed this problem and it is making you too self-conscious to wear a swimming costume, you may want to consider a Thigh Lift.

## The Procedure

In a Thigh Lift, the excess skin along the inner thigh is measured with a pinch technique and removed. A compression garment is worn for eight weeks post-operatively to control swelling and promote healing. Light activity such as walking is encouraged. A Thigh Lift can be performed alone or in combination with other body contouring procedures, such as liposuction, breast lift (mastopexy) or breast reduction. However, it is not advisable to have a Thigh Lift and tummy tuck together because the skin is being pulled in opposite directions for each procedure and delays in healing could occur.

## Duration of surgery

This procedure takes 2-3 hours depending on the size and complexity

## Complications of Surgery

Unfortunately complications can occur following any surgery and patients need to be fully aware of this. Mr Banwell does his utmost to minimise the complication rate and likes to practise in a safe manner. The commonest complications are scarring, widened scars, hypertrophic scars, bleeding, haematoma formation and the need to return to theatre, infection, fat necrosis, skin numbness, skin necrosis, asymmetry in the healing and the final result and wound healing delay. Clots in the legs and lungs can also occur.

## Success and satisfaction

A Thigh Lift is a safe and predictable cosmetic surgery procedure, and it will also enhance the appearance of other body contouring procedures, such as Tummy Tuck and Liposuction

## Can I have Liposuction instead of a Thigh Lift?

Most patients are in fact good candidates for liposuction alone and will have a very satisfactory result. However, the quality of the final result depends on the ability of your skin to shrink after the fat has been removed, and in some cases there will be some residual loose skin. If you are not satisfied with the tightness of the inner thighs after liposuction, a Thigh Lift can be considered. If large amounts of loose skin are already present, then liposuction alone will probably not fulfill your needs.

## Who is a candidate for a Thigh Lift?

The best candidate for a Thigh Lift is someone who has lost a large amount of weight and is left with loose, baggy skin along the inner thigh. Patients who have developed loose skin because of the ageing process or prior surgery such as Liposuction may also be excellent candidates. If there is an excess amount of fat in the lower part of the inner thigh or knee, it can be treated with Liposuction at the same time.

## Important Notice

*Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.*

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## NOTES & QUESTIONS

### AT A GLANCE

**SURGERY TIME**

3 hours

**HOSPITAL STAY**

2 night

**ANAESTHETIC ASSESSMENT**

Possibly

**PRE ADMISSION TESTS**

Possibly

**SLEEPING POSITION**

Sleeping on back recommended for 4 weeks

**REASONABLY MOBILE**

1 day

**WASHING**

Shower after 2 days. Bath after 2 weeks

**DRIVING**

3 weeks

**EXERCISE INCLUDING GYM**

6 - 8 weeks

**SEXUAL ACTIVITY**

Restricted Activity after 8 weeks

**FULL RECOVERY**

6 - 8 weeks

**TIME OFF WORK**

2 weeks

**GARMENTS**

None