

THIGH LIFT

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What is a Thigh Lift?

A thigh lift is a surgical procedure that is intended to tighten and reshape the skin and underlying tissues of the thigh area. It can help to reduce sagging skin, improve skin elasticity, and enhance the overall appearance and contour of the thighs and lower body.

In general, candidates for a thigh lift are:

- People whose weight is relatively stable
- Individuals with excess soft tissue along the inner or medial thigh region and/or the outer thigh
- Healthy individuals who do not have medical conditions that impair healing or increase risk of surgery
- Non-smokers/vapers
- Individuals with a positive outlook and realistic goals for what thigh lift surgery can accomplish
- Individuals committed to leading a healthy lifestyle, including proper nutrition and fitness

Thigh lifts are not intended strictly for the removal of excess fat. Liposuction alone can remove excess fat deposits where skin has good elasticity and is able to naturally conform to new body contours. In cases where skin elasticity is poor, a combination of liposuction and thigh lift techniques may be recommended.

What it won't do:

- Remove a significant amount of weight: It is not a weight loss solution, and it is not meant to remove large amounts of excess fat.
- Prevent future weight gain: The results of a thigh lift are not permanent and can be affected by future weight gain or aging.
- Correct underlying medical conditions: If the skin laxity is due to a medical condition, such as muscle wasting or hormonal changes, a thigh lift alone may not resolve the issue.
- Address muscle weakness: A thigh lift only addresses skin and tissue, and will not improve muscle strength or tone.



Consultation & Preparing for Surgery

If you are considering a thigh lift surgery, it is important to schedule a surgical consultation with a qualified plastic surgeon. During this appointment, you will have the opportunity to discuss your goals and expectations for the procedure, as well as any concerns you may have.

The surgeon will examine your thighs and evaluate your overall health to determine if you are a good candidate for the procedure.

During your consultation be prepared to discuss:

- Why you want the surgery, your expectations, and the desired outcome
- Medical conditions, drug allergies, and previous medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco, and drug use

Your surgeon may also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Take photographs
- Discuss your options and recommend a course of treatment
- Discuss likely outcomes of thigh lift surgery and any risks or potential complications



Thigh lift surgery may be performed in an accredited office-based surgical facility, licensed ambulatory surgical center, or a hospital.

If your thigh lift is performed on an outpatient basis, be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

Be sure to ask your plastic surgeon questions. It's very important to understand all aspects of your procedure. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

The Procedure

Step 1 – Anesthesia

Medications are administered for your comfort during the surgical procedures. The options include intravenous sedation and general anesthesia. Your doctor will recommend the best option for you.

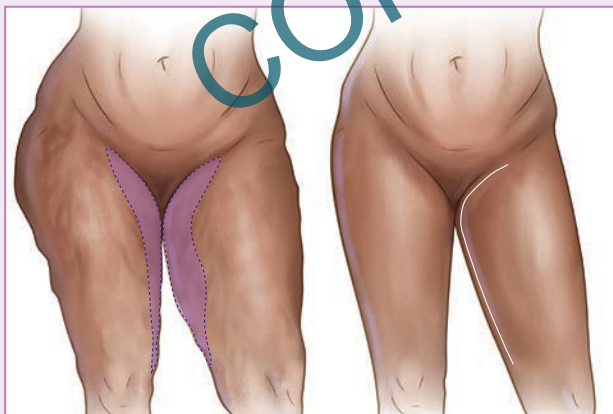
Step 2 – The incision

Incision patterns vary based on the area or areas to be treated, degree of correction, and patient and surgeon preference. One common technique used for a thigh lift places incisions in the groin, extending downward and wrapping around the back of the thigh. The underlying tissue matrix will be reshaped and tightened, and skin will be reduced and re-draped resulting in more proportionate and smoother body contours.

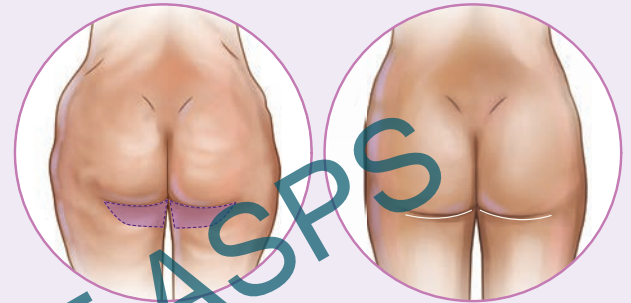
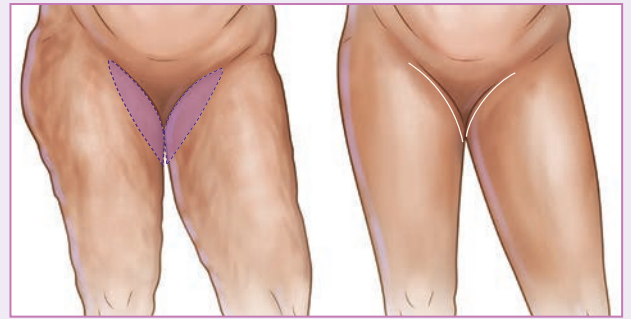
You may qualify for a minimal incision medial thigh lift that involves an incision only in the groin area. Your surgeon will determine what's appropriate.

Improving the contours of the outer thigh may require an incision extending from the groin around the hip. Advanced techniques usually allow incisions to be placed in strategic locations where they can be hidden by most types of clothing and swimsuits. However, incisions may be extensive.

Thigh Lift



Thigh Lift (minimal incision)



Thigh Lift (outer thigh)



Step 3 – Closing the incisions

Deep support sutures within underlying tissues help to form the newly shaped contours. Sutures close the skin incisions.

Step 4 – See the results

The smoother, tighter contours that result from a thigh lift are apparent almost immediately, although initially obscured by swelling and bruising.

Risks & Safety

The decision to have thigh lift surgery is extremely personal and you'll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable.

You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks and potential complications.



The risks include:

- Anesthesia risks
- Poor wound healing
- Bleeding
- Infection
- Fluid accumulation
- Major wound separation
- Asymmetry
- Deep vein thrombosis, cardiac and pulmonary complications
- Fatty tissue found deep in the skin might die (fat necrosis)
- Persistent pain
- Skin discoloration and/or swelling
- Skin loss
- Sutures may spontaneously surface through the skin, become visible, or produce irritation that require removal
- Unfavorable scarring
- Numbness or other changes in skin sensation
- Recurrent looseness of skin
- Possibility of revisional surgery

If you experience any shortness of breath, chest pains, or unusual heart beats, seek medical attention immediately. Should any of these complications occur, you may require hospitalization and additional treatment.

Following your physician's instructions is key to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself.

All risks will be fully discussed prior to your consent. It's important that you address all your questions directly with your plastic surgeon.

Recovery

After your thigh lift procedure, you will be covered with bandages or dressings on your incisions, and an elastic bandage or compression garment will be wrapped around your thighs to help reduce swelling and support your new contours as you heal. Temporary drainage tubes may also be placed under the skin to drain any excess fluid or blood.

Your plastic surgeon will provide you with detailed instructions on how to care for the surgical site and any drains, as well as the medications you should take or apply to aid healing and prevent infection. They will also advise you on specific things to look out for and when to schedule a follow-up appointment.

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- Are stitches removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

Recovery Period	What to expect
Week 1	<ul style="list-style-type: none">• Monitor pain, swelling and bruising (medication may be required)• Wear a compression garment to help reduce swelling and promote healing
Weeks 2-3	<ul style="list-style-type: none">• Limit exercise and activities
Weeks 4-5	<ul style="list-style-type: none">• You will still have some swelling, but it should be minimal• Return to normal daily activities, but avoid heavy lifting and exercise
Week 6 and beyond	<ul style="list-style-type: none">• Return to your normal activities, including exercise



Results

The results of a thigh lift are visible almost immediately. However, it may take several months for the final results to fully develop. Some visible scars will remain, but the overall results are long lasting, provided that you maintain a stable weight and general fitness. As your body ages, it is natural to lose some firmness. However, most of your initial improvement should be relatively permanent.

Although good results are expected from your procedure, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary.

Cost

Prices for thigh lift surgeries can vary. A surgeon's cost may be based on his or her experience and geographic office location. Many plastic surgeons offer patient financing plans, so be sure to ask.

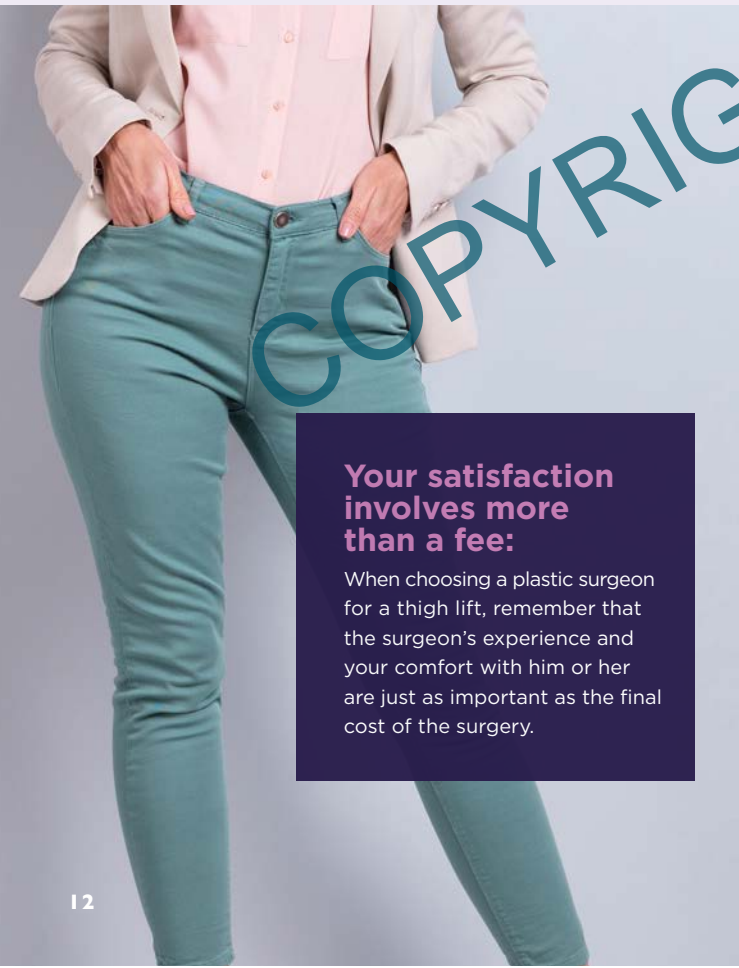
Cost may include:

- Anesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescription medication
- Surgeon's fee

Most health insurance does not cover cosmetic surgery or its complications.

Words to know

- **General anesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness.
- **Hematoma:** Blood pooling beneath the skin.
- **Intravenous sedation:** Sedatives administered by injection into a vein to help you relax.
- **Liposuction:** Also called lipoplasty or suction lipectomy, this procedure vacuums out fat from beneath the skin's surface to reduce fullness.
- **Local anesthesia:** A drug injected directly to the site of an incision during an operation to relieve pain.
- **Medial thigh lift:** A surgical procedure to correct sagging of the inner thigh.
- **Outer thigh lift:** A surgical procedure to correct sagging of the outer and mid-thigh.
- **Sutures:** Stitches used by surgeons to hold skin and tissue together.



Your satisfaction involves more than a fee:

When choosing a plastic surgeon for a thigh lift, remember that the surgeon's experience and your comfort with him or her are just as important as the final cost of the surgery.

Questions to ask my plastic surgeon

- ☐ Are you certified by the American Board of Plastic Surgery?
- ☐ Are you a member of the American Society of Plastic Surgeons?
- ☐ Were you trained specifically in the field of plastic surgery?
- ☐ How many years of plastic surgery training have you had?
- ☐ Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- ☐ Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- ☐ Am I a good candidate for this procedure?
- ☐ What will be expected of me to get the best results?
- ☐ Where and how will you perform my procedure?
- ☐ What surgical technique is recommended for me?
- ☐ How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- ☐ What are the risks and complications associated with my procedure?
- ☐ How are complications handled?
- ☐ What are my options if I am dissatisfied with the outcome?
- ☐ Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

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Make the Right Choice

Plastic surgery involves many choices. The first and most important is selecting a member of the **American Society of Plastic Surgeons (ASPS)**.

ASPS member surgeons meet rigorous standards:

- Board certification by the American Board of Plastic Surgery (ABPS)® or in Canada by The Royal College of Physicians and Surgeons of Canada®
- Complete at least six years of surgical training following medical school with a minimum of three years of plastic surgery residency training
- Pass comprehensive oral and written exams
- Graduate from an accredited medical school
- Complete continuing medical education, including patient safety each year
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities

Do not be confused by other official-sounding boards and certifications.

The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name. By choosing a member of The American Society of Plastic Surgeons, you can be assured that you are choosing a qualified, highly trained plastic surgeon who is board certified by the ABPS or The Royal College of Physicians and Surgeons of Canada.



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