

Thigh lift

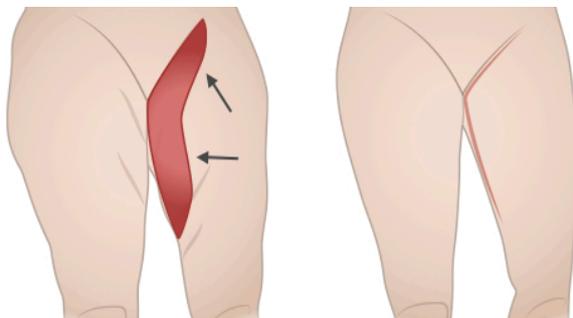
A thigh lift is a surgical procedure that reshapes the thigh by removing excess skin, and in some cases fat, resulting in smoother skin and a better thigh and lower body contour. When performing the lift, either medial (inner) thigh skin or outer (lateral) thigh skin can be removed, depending on individual needs.

Both lifts are helpful to those who have excess skin after significant weight loss. It is advisable to have achieved your target weight and maintained this over a period of months, before thinking about a thigh lift, as weight gain can certainly affect the surgical result.

If you think you would like to be considered for thigh lift surgery, a consultation with Mr Misra, may be helpful in making your decision about it.

The surgical procedure

A thigh lift is performed with combined general (you are asleep) and local anesthesia. The incision will vary depending on the degree of correction needed.



Medial Thigh Lift

This targets the skin and soft tissues of the inner thigh. During a medial thigh lift, an incision is made in the groin and extends down the inner thigh, to some degree towards the knee. A fold of skin and fat is then removed to allow the skin to be lifted and close easily and improve the inner leg contour.



Lateral (Outer) Thigh Lift

This procedure aims to tighten the skin in the front and outer part of the leg. During a lateral thigh lift, an incision is made at the top of the leg, where the lower edge of your under-garment sits. Folds of skin are then removed, before pulling the outer thigh skin upwards and attaching it to the same area.

Thigh lift (continued)

What to expect

When your surgery is complete, dressing or bandages may be applied to your incisions. A compression garment is often used to minimize swelling and support the tissues of your thighs, as healing takes place. One or more small, drains will be temporarily placed under the skin to drain excess fluid or blood that may collect. Dissolving skin sutures are normally used and these wounds will be reviewed at one week after surgery.

Aftercare

Most people are advised to take seven to 10 days off work for recovery time. During this period, you will be advised to take things slowly to help the wounds to heal. Bruising and swelling will occur after surgery, will take about 6-8 weeks to subside, fully, in most circumstances. The majority of patients recover well following thigh lift surgery and can return to all normal activities within four to six months.

Risks and complications

Cosmetic surgery is usually undertaken in patients who enjoy good health. However, no surgery is risk-free. Some of the general risks such as DVT (deep vein thrombosis / PE (pulmonary embolus) and chest infection although uncommon, can happen and your risk for will be discussed at consultation. However, specific risks to thigh lift surgery are listed below, although not exhaustive:

Haematoma

Collection of blood under the skin, may occur during the early post-op recovery from small bleeding vessels. This may require drainage in the operating theatre, with no lasting consequences to the final result.

Seroma

Straw-coloured fluid may collect under the skin tissues too. This happens later than a haematoma, but can create thigh swelling. The cause tends to be rubbing between tissue layers, under the skin. Often, the fluid can be tapped-off with a fine needle in the clinic. Compression also helps, to eventually settle the issue.

Delayed wound healing

This can be a problem in the groin area and also if you continue to smoke, if you are a smoker. Tissue loss is more problematic with smokers. Small areas of loss, are relatively common and can be helped with dressings for a little while longer, until healing occurs.

Thigh lift (continued)

Numbness

Nerves that provide skin sensation will be injured during the operation. Resulting numbness can take over a year to return. When it does, sensation may not be complete and this is usually permanent after 18 months.

Scars

Bad scars result from poor wound healing or if you have had bad scarring in the past (to some other area of the skin, before). Massage and moisturising the skin, once healed, makes a difference to lumpy scars, over time. Occasionally, silicone sheet applications and / or steroid injections may help those scars that do not respond to simple measures. Revision surgery may be necessary in long-term problematic scars.

Sun protection for life in all scars exposed to the sun is essential.

Asymmetry

Contour changes will not be the same on both sides and minor irregularities in look and feel are commonplace. Dog-ears (bunching-up of skin at the ends of the scar) is also possible and may require revision surgery, if troublesome.

Revision surgery

Bad scarring and minor skin changes (dog-ears) have already been mentioned, as requiring revision surgery, in certain circumstances. Weight gain or further loss, can affect the result of the thigh lift. Ageing changes also change your final result. Both of these body changes can warrant revision surgery, later on.

Further information

If you are interested to know more about thigh lifts, please call: 01753 66571 / email: surgeon@alokmisra.com

Disclaimer: This information leaflet is designed to supply useful information but is not to be regarded as advice for a specific case. It does not replace the need for a consultation with Mr Misra and in this regard he accepts no liability for any decision taken by the reader in respect of the treatment they decide to undergo.