FAQ

(Thigh lift)

**What Is a Thigh Lift?**

A thigh lift, also called a thighplasty, is a procedure to tighten loose and saggy skin and remove excess fat deposits. Age, gravity, and fluctuations in weight can affect the tightness of the thighs; unfortunately, no amount of diet or exercise can counteract the effects of time. This procedure will reshape the thighs by removing excess fat and skin to create a well-proportioned body contour.

**Benefits of a Thigh Lift**

**There are many ways to benefit from a thigh lift, including:**

* Removal of extra fat and skin resistant to diet and exercise
* Decreased appearance of cellulite
* Proportionally shaped thighs to compliment your body contours
* Increased physical activity and ease of exercise
* Decreased risk of skin infections and thigh chafing
* More confidence to wear new, different clothing
* A major boost of self-confidence!

**Who are the candidates?**

Like all surgical procedures, candidates must ensure that they meet certain guidelines, including:

* Being a non-smoker
* Committing oneself to a healthy lifestyle
* Already achieved and maintaining a stable, healthy weight
* No major medical conditions that may complicate surgery

**Types of Thigh Lifts**

The types of thigh lifts are the bilateral lift, medial lift, and inner lift. The type of lift that will work best for you depends on your goals, current condition, and health concerns. If you are looking to boost skin elasticity due to age or significant weight loss, then an inner lift may be best for you. A bilateral lift will benefit individuals with excess skin on the upper and/or outer portions of the thighs. A medial lift is best for patients who have experienced extreme weight loss and have excess skin on upper portions of the inner thigh.

**How Do I Prepare For A Thigh Lift Operation?**

It is always useful to allow yourself plenty of time to recover and organize sufficient time off work. Two weeks off should give you sufficient time to allow any obvious swelling to subside. Ensure any blood tests or other tests that are required are undertaken well in advance to avoid any potential delays.

**Is There Post Operation Care?**

We look forward to seeing you at the clinic around 7 and 14 days after your surgery in order to review your result and check all is healing well. Providing all is well, you will see the doctor at around 6 weeks post operation for a routine check-up. Further appointments can of course be made if necessary.

**How Does Travelling Soon After Surgery Affect Me?**

After your operation you may feel a little drowsy from the anaesthetic and other medications. Therefore we strongly suggest that, if possible, you nominate a friend or family member to collect you. Alternatively, we can assist you in booking a taxi whilst you are in hospital.

**Why Should I Choose Thigh Lift Surgery?**

A Thigh lift provides an excellent solution to individuals who are troubled by redundant and excess skin and fat on their thighs. Providing you accept a potentially lengthy scar and recovery period, the results can be fantastic. This procedure will give confidence to the individual and allow them to wear clothes and do things that previously felt unsuitable. The effects are generally long lasting providing you follow a balanced diet and exercise regularly.

**What Are The Scars Like?**

It is always impossible to predict a scars’ eventual appearance. In fact very rarely can thigh lift scars be described as hairline. Initially these always appear red, raised and lumpy in the first few months after surgery, but do tend to settle with time in most people.

**Is A Thigh Lift Painful?**

Pain and discomfort is always subjective. You may find that any pain you feel is probably more noticeable when standing or and walking in the first few days following surgery and usually involves a pulling or tightening sensation in the inner aspect of the thighs. It is advisable therefore that for the first week or so you should take regular painkillers in order to minimise this.