**Reshape, Tone and Firm Exercise- and Diet-Resistant Thighs**

While exercise and diet are proven methods of firming and toning one’s physique, the thighs can sometimes seem especially resistant to to any exercise- or diet-induced change. Some people find that their thighs vigorously retain fat cells, cellulite, and excess skin, no matter how severe the diet nor how intense the exercise. This may tend to prove especially true when exercise and diet lead to significant weight loss in other parts of the body, or as a result of aging or pregnancy. While other parts of the body may have firmed and tightened with exercise and diet, the thighs may still retain sagging skin, dimples, and fat deposits.

Naples, Florida-based Gardner Plastic Surgery can address this apparent setback with a thigh lift, a surgical procedure that reduces excess fat and skin and reshapes the remaining tissue with the goal of firming and smoothing the overall thigh contours. With extensive training in plastic and reconstructive surgery at the world-renowned Houston Methodist Hospital in the Texas Medical Center, [Dr. Leopoldo M. Baccaro](https://www.gardnerplasticsurgery.com/dr-gardner/about-dr-baccaro) is performing the thigh Lift as one of Gardner Plastic Surgery’s specialties.

**Your Thigh Lift Procedure With Dr. Baccaro**

A thigh lift, also known as thighplasty, is generally performed by Dr. Baccaro as an outpatient procedure conducted under a general anesthesia. Prior to any surgery, though, Dr. Baccaro always evaluates his patient’s existing health profile and risk factors, and conducts a thorough examination and measurement of the surgery site. This evaluation and examination includes a consultation designed to precisely determine his patient’s preferred aesthetic goals and to ensure a smooth surgery. Among typical details discussed during a consultation with Dr. Baccaro are:

* Patient’s surgical expectations and limitations
* Thighplasty surgery options
* Patient’s Surgical history
* Existing medical conditions, allergies, and medical treatments
* Post-surgery treatment and recovery regimen

During the surgery, incision patterns vary depending upon the scope of treatment and location of areas being treated, but each incision made is used for fat and skin removal, after which the underlying tissue is reshaped and tightened, while the overlaying skin is lifted, smoothed and sutured back into place at the incision site. In some cases, liposuction may be utilized for the removal of excess thigh fat deposits.

As an outpatient procedure, Dr. Baccaro’s patient’s are typically released to go home shortly after the procedure itself, which can take two to three hours. Patients can expect to experience bruising, swelling and soreness in the thigh area, but this will be alleviated to some extent with prescribed pain and anti-inflammatory medications. Compression bandages may be used, with post-surgery drainage devices inserted to collect excess fluid. Dr. Baccaro may suggest other post-operative care conditions as warranted. Most patients are able to return to work within a week to 10 days, and can resume physical activity within four to six weeks.

**Contact Gardner Plastic Surgery for Your Thigh Lift**

If you would like to learn more about sculpting your thighs with a thighplasty at Naples, Florida-based Gardner Plastic Surgery, Dr. Baccaro has a keen eye for aesthetic detail and extensive training from some of the top names in the art of cosmetic surgery. To learn more about how Dr. Baccaro and Gardner Plastic Surgery can help reshape, tone, and firm your thighs, [contact us](https://www.gardnerplasticsurgery.com/contact-us) today at 239.566.2611 to schedule your initial consultation.