

# B4-THIGHS LIFT AND TIGHTENING



## B.4 THIGHS LIFT AND TIGHTENING

Thigh lift and tightening, also known as thighplasty, is a surgical procedure designed to remove excess skin and fat from the thighs, resulting in a more contoured and toned appearance. This procedure is particularly beneficial for individuals who have experienced significant weight loss, aging, or genetics that have led to sagging skin in the thigh area. Here's a comprehensive overview of thigh lift surgery, including its indications, benefits, procedure, recovery, and considerations.

### Indications for Thigh Lift Surgery

- **Excess Skin and Fat:** Individuals with loose, sagging skin and fat in the thigh area, often due to aging or significant weight loss.
- **Aging:** Natural aging can result in a loss of skin elasticity, leading to droopy thighs.
- **Genetics:** Some individuals may have a genetic predisposition to excess skin or fat in the thigh area, regardless of their weight.

## Benefits of Thigh Lift Surgery

- **Improved Contour:** Creates a more defined and aesthetically pleasing contour of the thighs, enhancing overall leg appearance.
- **Enhanced Self-Confidence:** Many patients feel more confident wearing shorts, skirts, or swimsuits after the procedure.
- **Long-Lasting Results:** With a healthy lifestyle, the results can be long-lasting.

## The Thigh Lift Procedure

### 1. Consultation:

A careful consultation with a board-certified plastic surgeon to discuss goals, medical history, and any concerns. The surgeon will evaluate the thighs and recommend the best surgical approach.

### 2. Anesthesia:

The procedure is typically performed under general anesthesia.

### 3. Incision Placement:

The surgeon will make incisions, which may vary in length depending on the amount of skin and fat to be removed. Common incision patterns include:

a) **Inner Thigh Incision:** A longer incision on the inner thigh, which can effectively remove excess skin and fat but may leave more visible scarring.

b) **Vertical or Lateral Incisions:** For targeted skin removal, vertical or lateral incisions may be used, depending on the desired contour.

### 4. Excess Skin and Fat Removal:

The surgeon will lift and tighten the underlying tissues,

remove excess skin, and suction out any stubborn fat as needed. The remaining skin is then pulled taut to create a smooth contour.

#### **5. Closure:**

The incisions are closed with sutures, and the procedure typically takes about 3 to 4 hours, depending on the conditions of the patient.

### **Recovery After Thigh Lift Surgery**

- **Initial Recovery:** Swelling, bruising, and discomfort are common in the first few days. Pain can usually be managed with prescribed medications.
- **Downtime:** Most patients can return to light activities within 3 weeks, but more strenuous activities should be avoided for about 8 to 12 weeks.
- **Lymphatic drainage:** Patients need to schedule lymphatic drainage sessions helping to reduce the edema and the excess fluid in the body and this to help the skin conform to its new contours.
- **Compression Garments:** Wearing compression garments may be recommended to support healing and reduce swelling.
- **Follow-Up Care:** Regular follow-up appointments with the surgeon are essential for monitoring healing and ensuring optimal results.

### **Risks and Considerations**

- **Scarring:** While the surgeon aims to minimize visible scarring, some scarring will remain, and its visibility can vary based on skin type and healing.
- **Complications:** Potential risks include infection,

**bleeding, blood clots, and poor wound healing.**

**·Changes in Sensation: Temporary or permanent changes in sensation around the incision area may occur.**

**·Not a Weight Loss Solution: Thigh lift surgery is not intended for weight loss and is best suited for individuals at or near their ideal weight.**

