

THIGH LIFT



The Symbol of Excellence in Plastic Surgery®

A public education service of the American Society of Plastic Surgeons®
and the American Society for Aesthetic Plastic Surgery.

The first step:

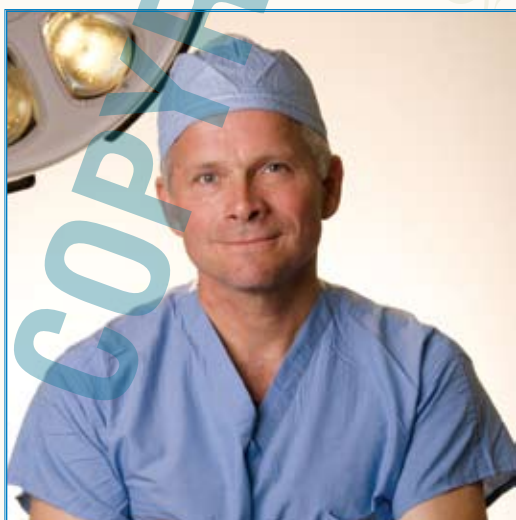
Choose a surgeon you can trust

Plastic surgery involves many choices. The first and most important is selecting a surgeon you can trust. A doctor's board certification is one of the best indicators of his or her training. Ask for certification from The American Board of Plastic Surgery® (ABPS), the only one of the 24 boards approved by the American Board of Medical Specialties (ABMS) that certifies physicians in the plastic surgery of the face and all areas of the body. To be ABPS board-certified, a physician must meet these rigorous standards:

- ▶ Graduate from an accredited medical school
- ▶ Complete at least **five** years of surgical training following medical school with a minimum of **two** years of plastic surgery residency training
- ▶ Pass comprehensive oral and written exams

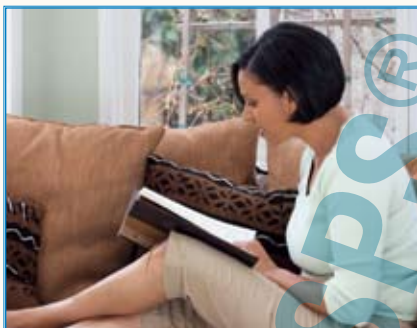
American Society of Plastic Surgeons (ASPS) and American Society for Aesthetic Plastic Surgery (ASAPS) Members must:

- ▶ Be certified by the ABPS or in Canada by The Royal College of Physicians and Surgeons of Canada®
- ▶ Complete continuing medical education including patient safety each year
- ▶ Perform surgery in accredited, state-licensed or Medicare-certified surgical facilities



Beauty for life:

Enhancing your appearance with a thigh lift



If fitness and weight loss efforts have not achieved your goals for a body that is firmer, more youthful-looking and more proportionate to your overall body image, a surgical thigh lift may be right for you. This surgery reshapes the thighs by reducing excess skin, and in some cases fat, resulting in smoother skin and better-proportioned contours of the thighs and lower body.

Is it right for me?

Candidates for 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 can impair healing or increase risk of surgery
- ▶ Non-smokers
- ▶ 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

What it won't do: 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 to expect during your consultation

The success and safety of your thigh lift procedure depends very much on your complete candidness during your consultation. You'll be asked a number of questions about your health, desires and lifestyle.

Be prepared to discuss:

- ▶ Why you want the surgery, your expectations and desired outcome
- ▶ The options available in thigh lift surgery
- ▶ Medical conditions, drug allergies and medical treatments
- ▶ Use of current medications, vitamins, herbal supplements, alcohol, tobacco and drugs
- ▶ Previous surgeries

Your surgeon may also:

- ▶ Evaluate your general health status and any pre-existing health conditions or risk factors
- ▶ Examine and measure your body, including detailed measurements
- ▶ Take photographs for your medical record
- ▶ Discuss your options and recommend a course of treatment
- ▶ Discuss likely outcomes of thigh lift surgery and any risks or potential complications



Preparing for surgery



Prior to surgery, you may be asked to:

- ▶ Get lab testing or a medical evaluation
- ▶ Take certain medications or adjust your current medications
- ▶ Stop smoking well in advance of surgery
- ▶ Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

Special instructions you receive will cover:

- ▶ What to do on the day of surgery
- ▶ The use of anesthesia during your thigh lift
- ▶ Post-operative care and follow-up

Your plastic surgeon will also discuss where your procedure will be performed. Thigh lift surgery may be performed in an accredited office-based surgical center, outpatient of ambulatory surgical center, or a hospital.

You'll need help

If your thigh lift procedure 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.

Procedural Steps:

What happens during thigh lift surgery?

Step 1 – Anesthesia

Medications are administered for your comfort during the surgical procedures. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice 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 wrapping around the back of the thigh. The underlying tissue matrix will be reshaped and tightened, and skin will be reduced and redraped resulting in more proportionate and smoother body contours. You may qualify for a minimal incision medial thigh lift which involves an incision only in the groin area. Your surgeon will determine what's appropriate.



Medial Thigh Lift



Procedural Steps:

What happens during thigh lift surgery?

Improving the contours of the outer thigh may require an incision extending from the groin around the hip. Through these incisions your plastic surgeon will tighten tissues for a smoother, better-toned lower body contour. 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.



Outer Thigh Lift



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 contouring that result from a thigh lift are apparent almost immediately, although initially obscured by some swelling and bruising. You may be required to wear a compression garment for several weeks following your procedure to minimize swelling and support the tissues as they heal. Following a thigh lift, skin quality is dramatically improved both in appearance and feel.

Important facts about the safety and risks of thigh lift surgery

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. Your plastic surgeon and/or staff will explain in detail the risks associated with surgery. You will be asked to sign consent forms to ensure that you fully understand the procedure you will undergo and any risks and potential complications.

Possible risks of thigh lift surgery include:

- ▶ Unfavorable scarring
- ▶ Bleeding (hematoma)
- ▶ Infection
- ▶ Fluid accumulation
- ▶ Poor wound healing
- ▶ Skin loss
- ▶ Blood clots
- ▶ Numbness or other changes in skin sensation
- ▶ Anesthesia risks
- ▶ Skin discoloration and/or swelling
- ▶ Fatty tissue found deep in the skin might die (fat necrosis)
- ▶ Major wound separation
- ▶ Asymmetry
- ▶ Pain, which may persist
- ▶ Unsatisfactory results such as highly visible surgical scar location, unacceptable visible deformities, bunching and rippling in the skin near the suture lines or at the ends of the incisions
- ▶ Deep vein thrombosis, cardiac and pulmonary complications
- ▶ Recurrent looseness of skin
- ▶ Sutures may spontaneously surface through the skin, become visible or produce irritation that require removal
- ▶ Possibility of revisional surgery

More facts about the safety and risks

When you go home

If you experience 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.

The practice of medicine and surgery is not an exact science. Although good results are expected, 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.

Be careful

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.

Be sure to ask questions: It's very important to ask your plastic surgeon questions about your thigh lift 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.



My recovery

When your procedure is completed, dressing or bandages may be applied to your incisions, and you may be wrapped in an elastic bandage or a compression garment to minimize swelling and to support your new contours as you heal. One or more small, thin tubes may be temporarily placed under the skin to drain excess fluid or blood that may collect.

You will be given specific instructions that may include: How to care for the surgical site(s) following surgery, medications to apply or take orally to aid healing and reduce the risk of infection, specific concerns to look for at the surgical site or in your general health, and when to follow-up with your plastic surgeon.

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?



The results will be long-lasting

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.



How much will thigh lift surgery cost?

Cost is always a consideration in elective surgery. Prices for thigh lifts can vary widely. A surgeon's cost for thigh lift surgery may vary based on his or her experience as well as geographic office location. Many plastic surgeons offer patient financing plans, so be sure to ask.

Cost may include:

- ▶ Surgeon's fee
- ▶ Hospital or surgical facility costs
- ▶ Anesthesia fees
- ▶ Prescriptions for medication
- ▶ Post-surgery garments, and
- ▶ Medical tests

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.



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.

Questions to ask my plastic surgeon

Use this checklist as a guide during your consultation

- ☐ Are you certified by the American Board of Plastic Surgery?
- ☐ Are you a member of the American Society of Plastic Surgeons or the American Society for Aesthetic Plastic Surgery?
- ☐ 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?
- ☐ How can I expect my thighs to look over time?
- ☐ What are my options if I am dissatisfied with the cosmetic outcome of my thigh lift?
- ☐ 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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Notes

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