

Thigh Lift

Excess fat deposits from the thigh are frequently removed by liposuction. However, if the patient suffers from concomitant excess skin a thigh lift is warranted. Depending on individual findings both procedures may be combined. A thigh lift is done to remove excess skin from the thigh area. Incisions are hidden in the groin and inner thigh area.

Consultation

During the initial consultation your wishes and goals as well as possible reservations will be addressed in detail. Subsequently, a careful physical examination is conducted and an individually tailored treatment plan formulated. Preoperative photographs are used for explaining the procedure in a step-by-step manner. Available procedures are then discussed including possible limitations and risks.

Who is an appropriate candidate?

Ideal candidates are slender with sagging thigh skin usually caused by weight loss.

Procedure

This in-patient procedure (2-3 days) is routinely performed under general anesthesia via incisions along the inner thigh. Routinely, two drains are placed and compression garments applied.

Postoperative Care

Drains and sutures are removed within 2 days and 2 weeks, respectively. Compression garments should be worn for 4 weeks. Strenuous physical activities should be avoided for 4 weeks.

At a glance:

Length of procedure:

- 2 hours

Postoperative care:

- Suture removal within 2 weeks
- Compression garments for 4 weeks
- No strenuous physical activities for 4 weeks

Anesthesia:

- General

In-patient stay

- 2-3 days