

Seven Important Questions about Thigh Lifts

During the course of our consultations, we have noticed that many patients ask the same questions regarding thigh lifts. For your convenience, we have listed the seven most frequently asked and important below. We hope you find the information useful.

1. Are the results long lasting? When is a subsequent procedure necessary?

With a thigh lift we usually obtain long-term results, this depends however on the condition of the skin. With a larger accumulation of fat on the thighs, a prior liposuction procedure can help to achieve optimal results, with a maximum lift being attained.

2. Do visible scars remain?

Depending upon diagnostic findings, scars in the groin remain. Where there is a lot of skin surplus, the t-shaped cut at the inner thigh is extended.

3. Is the operation also suitable for patients with cellulite?

Cellulite patients, especially, experience an early and/or increased occurrence of slacked skin of the inner-thigh. The operation can accomplish good results. If there is pronounced cellulite, a second lift at a later time may provide further enhancement.

4. Can stretch marks (e.g. on the inner thigh) be eliminated by a thigh lift?

Yes, the extent to which they can be removed, depends on the amount of surplus skin.

5. What is the earliest age at which one can undergo a thigh lift?

There is no age restriction, the operation is performed according to the diagnostic findings.

Thigh Lift - 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

Klinikaufenthalt:

- 2-3 days

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6. Does the procedure also have positive effects on existing cellulite?

With the removal of skin, the weight related stress on the remaining lifted tissue, is reduced, which has an overall positive effect with respect to existing cellulite.

7. Can the procedure also be performed if one has existing varicose veins or spider veins?

With pronounced cases, an appropriate preliminary investigation with a phlebologist should take place, in order to make sure that you have a correctly functioning deep vein system. The removal of the varicose veins can be performed together with the thigh lift operation.