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Thigh Lift

Patient Information Handout

Thigh Lift

A thigh lift targets excess skin and fat in the thigh. Usually this is most pronounced medially (where your legs meet). Thigh lift is performed with a combination of liposuction and excision of redundant skin and fat. It is usually sought by patients who have lost significant amounts of weight of those who want to improve the appearance of their thighs for cosmetic reasons. Whilst scars are inevitable, Mr. Bunker aims to minimise scarring through meticulous surgical technique and careful placement.



What Will It Do?

The goal of a thigh lift is to provide a more aesthetic contour to the thighs as well as excise redundant skin, thereby creating a more youthful shape to the legs. Liposuction is used to remove fat and help shape the thighs before the excess skin is excised, leaving a scar which runs down the inside of the leg from the groin to above your knee.

Is it Right for Me?

Thigh lift surgery is not suitable for everyone. At your consult, Mr. Bunker will discuss your goals and expectations and perform a targeted examination prior to discussing a surgical plan if appropriate. Thigh lift surgery may be a good option for you if:

- You are physically healthy and do not have medical conditions that can impair healing or increase the risk of surgery
- You have realistic expectations
- Your weight is relatively stable
- You have excess soft tissue along the medial (inside) of your thighs
- You are a non-smoker or have stopped smoking at least 3 months prior

Will I need Anaesthesia?

Mr. Bunker performs thigh lift under general anaesthesia to maximise patient comfort. Modern anaesthetics are safe and effective but carry some risks, which you will discuss with your anaesthetist.

Will I need to stay in Hospital?

Usually you will stay in the hospital 1 - 2 nights after an isolated thigh lift. This is to ensure there are no early complications such as unexpected bleeding and that your pain is well controlled prior to discharge. Usually, surgical drains are placed at the time of surgery and these may need to remain in for a number of weeks to prevent fluid collecting under the skin.

What are the Risks and Complications?

All surgery has risks. There are general risks which apply to all operations as well as specific risks for individual procedures. General risks and complications of surgery may include:

- Bleeding
- Infection that may require treatment with antibiotics or further surgery in some cases
- Allergic reaction (to sutures, dressings or antiseptic solutions)
- The formation of a large blood clot (haematoma) or fluid collection (seroma) in the soft tissues deep to the skin
- Pain, bruising and swelling around the operated sites
- Poor or slow healing
- Wound breakdown
- Short-term nausea following general anaesthesia and other risks related to anaesthesia

Specific risks and complications associated with thigh lift surgery include:

- Prominent scars such as keloids and hypertrophic scars. They may be red, raised and/or itchy.
- Numbness around operated sites. This is usually temporary but can be permanent.
- Wound breakdown or delayed healing, possibly requiring skin grafts for closure. As the wounds around the groin are stressed during everyday movements, the risk of delayed wound healing after a thigh lift is higher than other areas.
- Restrictive movement due to tightened skin
- Accumulation of fluid (seroma) or blood (haematoma) under the skin which may require a procedure to remove.
- Swelling in the legs due to damage of lymphatics, which may be permanent.
- Labial spreading (separation of the vulva due to scar contracture)

Where will the Surgery take place?

Your surgery will take place in an accredited hospital facility.

What do I need to do Before Surgery?

- Due to the recent cosmetic surgery reforms, all patients in Australia undergoing cosmetic surgery are required to undertake a Body Dysmorphic Disorder Questionnaire.
- You will be asked to complete a full medical history. You must list all medications you take including dietary supplements such as fish oil which increase your risk of bleeding.
- Check with your surgeon about your medications as some may need to be stopped. Any additional tests required preoperatively will be arranged by Mr. Bunker or your anaesthetist.
- If you decide to have thigh lift surgery you will need to sign a consent form. Make sure you read the consent form carefully before signing. If you have any questions, please ask Mr. Bunker.
- Avoid any strenuous activity or exercise in the week before your surgery.
- Take Vitamin C supplements 1 gram daily starting at least 4 weeks before your surgery, unless you are allergic or unable to tolerate.
- Organise for a relative or friend to drive you to and from the hospital or clinic and arrange appropriate help at home including someone to stay with you for the first 24 hours. Think about the setup at home where you will recover – you may want extra pillows, fluids and a toilet nearby and it is useful to have a telephone within reach.
- Consider work arrangements. Most patients will remain off work for 2 - 3 weeks after surgery. A medical certificate can be supplied to you preoperatively if required.
- You will receive detailed postoperative instructions. Follow them carefully.

What do I need to do After Surgery?

- Someone should stay with you on your first night back home from the hospital.
- You can usually drink fluids and eat a light meal two or three hours after surgery.
- You will receive medications for home (usually pain relief and antibiotics) as well as detailed postoperative instructions which include how to care for your surgical site, signs which warrant concern, contact information and follow-up instructions.
- Follow any instructions regarding postoperative garments as per Mr. Bunker's instructions.
- Some bruising and swelling is normal and may take up to a few weeks to disappear.
- In some cases a small, thin tube (surgical drain) may be temporarily placed under the skin to drain any excess blood or fluid. This may need to stay in place for a number of weeks.
- Dressings are to remain dry and intact until your postoperative review unless otherwise instructed.
- No strenuous activity for 6 weeks after surgery.

If you experience any of the following symptoms, notify us immediately:

- Temperature higher than 38°C or chills
- Heavy bleeding from the incisions
- Worsening redness around the incision sites
- Increasing pain
- Issues with the dressings (becoming dirty, wet or loose)
- Increasing swelling in the legs

Will I have Scarring?

Some visible scars are inevitable. However, efforts will be made to limit the length of your scars and to place them in as inconspicuous a position as possible. Mr. Bunker will discuss the placement of scars with you prior to surgery. Scars may be more noticeable than you anticipated, but most scars fade with time. We sell a range of Scar Care products in the practice which can be purchased before surgery or after your first dressing change. You should use these products for a minimum of 3 months. Consult your 'Scar Advice' handout for more detailed information.

Will I need Revisional Surgery?

Revisional surgery may be necessary to correct minor irregularities.

How much does Thigh Lift Cost?

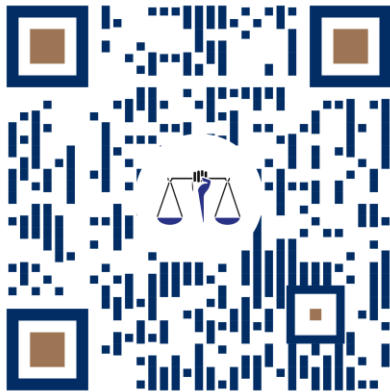
Cost is always a consideration in elective surgery and may include:

- Surgical fee
- Hospital or surgical facility costs
- Anaesthesia fees
- Prescriptions for medication
- Postsurgery garments
- Medical tests

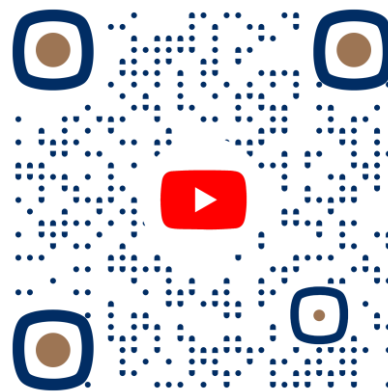
The surgical fee is provided to you prior to surgery. This also contains instructions on how to obtain quotes for any associated fees as listed above. If you have any further questions, please contact the practice.

Terms You Should Know:

- **General anaesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness. When you are under general anaesthesia you are 'asleep'.
- **Intravenous sedation:** Sedatives administered by injection into a vein to achieve relaxation. Also referred to as 'twilight anaesthesia'.
- **Local anaesthesia:** A drug injected directly to the site of an incision during an operation to relieve pain.
- **Thigh lift:** A surgical procedure to target redundant soft tissue in the thigh and provide a more pleasing aesthetic contour.
- **Lymphatics:** A system in the body which drains fluid within the tissues back into the bloodstream.
- **Skin laxity:** Degree of loose skin.



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Daniel Bunfer
SPECIALIST PLASTIC SURGEON