

Thigh Lifts & Thigh Reductions

(Rejuvenation of Thighs)

Thigh lifts and thigh reduction surgery are used to improve the appearance of sagging thighs and reduce the fat deposits in these areas. Unwanted laxity is caused by weight loss (dieting, exercise, stomach stapling or bypass), the process of ageing or by both factors acting in combination. Surgery may also be indicated after previous liposuction of the thighs has led to lax tissues. It can also help reduce cellulite to a lesser extent.

Surgical rejuvenation of the thighs can be achieved by open excision of the lax tissues, liposuction or often a combination of these procedures. Thigh liposuction is best for patients with localised deposits and good skin quality.

Thigh reduction surgically removes excess skin and fat usually from the inside of the upper thigh or sometimes from the outside of the upper thigh. The incisions and thus the final scars begin in the groin and can be horizontal (semicircular in the groin and buttock crease), vertical (on the inner thigh) or a combination of the two in the form of a T when it goes the length the inner thigh to the mid-thigh or knee. Thigh reduction surgery improves the body contour when seen through trousers or tight dresses, but leaves scars, which are visible when, shorts or bathing suits are worn.

After a thorough evaluation Mr A EL_Gawad will discuss with you the option most likely to achieve your objectives and advise you of the advantages & limitations of each technique. After a thigh lift or thigh liposuction you will need to wear a tight fitting compression garment for about 6 weeks to help reduce the swelling and assist in the shrinkage & tightening of the skin.

Risks of thigh lifts

As for any surgery, there are risks as well as benefits and the final results are not guaranteed. The chance of complications following thigh lift surgery depends on the exact type of operation needed and other factors such as your general health.

Mr Ahmed EL_Gawad will explain how the risks apply to you. Detailed postoperative instructions will be discussed during consultation and a procedure-specific handout given to you.

Some risks of thigh lifts

Frequent

- Bruising and swelling: common
- Temporary numbness: common
- Tightness especially on movements: temporary and expected.
- Slow healing/ wound breakdown: often in smokers /fatty thighs.
- Sensory alterations: numbness, tingling
- Visible scars (often unavoidable): inner thigh, outer thigh or groin
- Scars - widen or migrate inferiorly: 1 in 10: esp heavy thighs
- Slow healing/ wound breakdown - common: related to smoking, sweating, Xs movement, infection
- Mild asymmetry between the two thighs

Infrequent

- Bleeding and haematoma: rare
- Infection (\pm suture boils): due to maceration of tissues while walking
- Seroma formation
- Unsightly scars: Hypertrophy/keloid
- Inadequate shrinking of the skin (poor skin retraction)
- Distortion of the vulva (labial separation) or buttock creases
- **Irregular or other unsatisfactory contour of the thighs**
- Dog ears
- Early recurrence of sagging: due to under-correction or inadequate fixation
- Skin necrosis: smokers, tension, combination with ultrasonic liposuction
- Liposuction induced / increased sagging (ptosis)
- Persistent sagging (ptosis): due to under-correction or further weight loss
- Scars may widen, tighten up or hypertrophy/keloid
- Occasional need for revisional surgery

Alternatives to thigh rejuvenation surgery:

- No surgery: leave the lax skin and fat deposits alone
- Exercise & Diet: may help the generalized fat deposits but not the lax skin

Long trousers/Bermuda shorts/dresses: can effectively hide the flabby or fatty thighs

WHAT YOU NEED TO KNOW (Rejuvenation of Thighs)

LENGTH OF SURGERY

2 - 3 hours

ANAESTHESIA

General

NO. OF NIGHTS IN HOSPITAL

0 - 1 night

RECOVERY

5 - 10 days until socializing with close friends and family

2 weeks until return to work and normal social engagements

2 - 3 weeks until bruising and swelling disappeared

2 - 4 weeks until driving: dependent on exact nature of surgery

4 - 6 weeks compression garment

6 - 8 weeks until return to gym and other strenuous activities

12 weeks until final result: scars continue to improve for 1 year

DURATION OF RESULTS

Permanent unless large weight fluctuations