



RESHAPE & RESTORE

Thigh Lift

Factsheet / Page 1/3

Introduction

Reshape & Restore has put together this factsheet for anyone who is considering a thigh lift. We understand that undergoing a surgical procedure is not often an easy decision, and you may have many questions.

The aim of this factsheet is to outline the details of the thigh lift procedure, explaining how it works, how it's carried out and what to expect from the results. Being fully informed about the potential risks and complications of surgery, can help to answer any concerns which may help you in making a clear decision.

Every patient's surgery is a unique experience and the approach we take at Reshape & Restore is tailored to suit your specific needs. It is important to understand that as the requirements of each patient differ, so does the outcome. This will depend on a number of factors and with our guidance, we can help you to understand the realistic results that can be achieved.

Why have a thigh lift?

Reshaping the thighs is the most common reason for requesting a thigh lift, also known as thighplasty. The appearance of the thighs can change over time, especially as we get older and our pace generally tends to slow down. This can lead to a decrease in muscle mass and loose skin, and in some cases, a buildup of excess fat. This can result in thighs that look out of shape, can jiggle when moving around and may develop an increase in the appearance of cellulite.

Ageing will often cause the skin to become loose; a condition that many people experience on the face. Loose, crepey-looking skin can also affect the body, and when it appears on the legs, it can make the legs look less toned.

Loose skin can also be an outcome of having lost a significant amount of weight - whether this is achieved through lifestyle changes alone, or with the help of bariatric surgery. Excess skin can be thought of as unattractive and may detract from having reached the desired weight loss goal. Removing excess skin on the thighs can be part of a combination of procedures to help reshape the body, and is often the final part of the weight loss journey.

The consultation

The consultation is the most important part of any treatment journey. Not only does it give you the chance to meet your surgeon, it provides the opportunity to discuss what is concerning you and what you are hoping to achieve from surgery. There are a variety of factors we need to consider before recommending any procedure, including: general health, skin type, risk of bleeding, how well you're likely to heal, smoking status, alcohol consumption and medications. We also examine your legs, and we'll talk through the appearance you are likely to achieve. We'll provide information about how the procedure is carried out, any potential risks and complications, and what to expect during the recovery period. The aim of the consultation is to give you a better understanding of what undergoing surgery involves and what it can mean for you. As there is a lot of information to absorb, we don't expect you to make a decision there and then. It is our policy at Reshape & Restore to offer a second consultation at a later date so you have had some time to think, and consider the details of the operation - including reading any information leaflets that have been provided by us. In many cases a person goes away and finds they have other questions that weren't thought of at the time, which can then be addressed at the second consultation. Only when both you and us are completely certain that undergoing surgery is the right option for you, will we make an appointment. During this session we will also take some photographs of your 'before'

appearance and give you the opportunity to speak with past patients - this has proven to be very valuable for many of our patients.

What happens during the procedure?

An upper thigh lift is a body contouring procedure that is generally focused on removing loose or sagging skin through surgical excision techniques. It is sometimes necessary to also remove small deposits of fat before trimming away the skin, which is done through a liposuction procedure (a separate fact sheet is available on our website if you want to find out more about this surgery). In most cases the thigh lift is carried out on the inner thigh, as scarring is less conspicuous, however, the approach we use at Reshape & Restore will depend on your specific concerns. Our aim is to make incisions as small and discreet as possible. Cuts are typically made on the inner thigh or in the groin - medial thigh lift - in order to address loose / sagging skin. In cases where excess skin is more significant, we can extend the incision to run from the groin and as far down as the knee, depending on your needs. To address the outer thigh and / or buttocks, we make an incision at the top of the outer part of the thigh - a lateral thigh lift.

It is in your best interests to carry out this procedure using a general anaesthetic, which will mean you'll need to spend at least 1 night in hospital. On the day of surgery you'll be asked not to eat or drink anything from midnight, and the skin on the thighs will need to be free from creams or lotions. We also advise that you arrange to have someone drive you home from the hospital, and to stay with you on your first night at home.

What can i expect after the procedure?

Before we discharge you we will ensure you have been provided with suitable pain relief advice and some ointment to apply regularly to the wounds while they heal. It is not recommended that you use aspirin or brufen as these medications can increase bruising and the risk of postoperative bleeding. If any drains have been applied they will be removed, and we will arrange your first follow up appointment - usually 7 - 10 days after surgery.

Your legs will have some degree of swelling, tenderness and bruising, immediately following the procedure. The skin may also feel tight, and you may experience

some temporary numbness. These effects are expected to gradually settle over the next few weeks, and we ask that you keep the legs dry for 1 week. To help your thighs adjust to their new shape, and to minimise swelling, we will fit you with a post-surgical supportive garment. These may need to be worn for up to 6 weeks; day and night to begin with, reducing the amount of time required each day as your healing progresses. At your first appointment we aim to remove any stitches, if your healing allows. You should then be able to have a gentle shower, using non-perfumed products and warm water. When drying your legs it is better to pat them gently using a soft towel, as rubbing will be uncomfortable and may disturb the wounds.

Having surgery can be hard on the body and it will use a lot of energy while it heals and recovers. You will benefit from taking it easy for a few weeks, only undertaking light duties and keeping activity levels low. Heavy lifting, rigorous exercise, swimming and the gym should be avoided for between 6 and 8 weeks. You can expect to need up to 2 weeks off work, depending on your job, when you should feel more comfortable to drive and resume normal daily activities. Our aftercare programme entails a series of follow-up appointments made approximately 1 week, 6 weeks, 3 months and 6 months after surgery. Your healing, recovery and development of results will be closely monitored during this time, and we will provide you with any necessary advice to ensure the outcome is effective.

What are the risks of surgery?

People who undergo a surgical procedure are usually concerned about how much scarring will be left behind. At Reshape & Restore we use modern surgical techniques which consider where incisions are made, and where scars will form. As the main cuts are made on the inside of the leg or closer to the groin area, scarring is usually less noticeable and can be hidden under clothing or within the underwear line. In some cases a person is prone to developing hypertrophic scars, which can be particularly thick or raised from the skin. During our follow-up procedures we will monitor how your scars are developing and if hypertrophic scars are becoming likely, there are ways we can treat this in the future.

During the consultation we will discuss potential complications, which are always a risk when undergoing surgery. Haematoma is a condition where blood collects under the skin, and is a risk in the first few hours after



the procedure. If this occurs we will need to take you back to the theatre to have it removed. Infection is fairly uncommon and careful aftercare is often the best way to prevent an infection from developing, and a course of antibiotics will help to clear it up. We mentioned temporary numbness as a possible side effect, but in some very uncommon cases this can be prolonged. It happens if the nerves are bruised and don't start to work as quickly as expected. Although it can cause some alarm, in most cases it does resolve itself in time and doesn't remain permanent. We will discuss how this is managed at the consultation. It is important to maintain your mobility while your body is recovering. You should try to move around regularly as you may risk developing Deep Vein Thrombosis (DVT), a condition where a blood clot forms in the leg. This only happens in around 1% of cases and we provide medication for you to take after the procedure to minimise the chance of this occurring.

If at any time you are concerned with your healing, or experience prolonged side effects / a burning sensation / discharge from the wounds, you are welcome to contact the Reshape & Restore team. Particular symptoms to look out for include: temperature above 38.5, pain and discomfort that is not relieved through painkillers, bleeding or discharge from the wounds and sudden swelling at the wounds.

What results can i expect?

The appearance of loose skin on the thighs can affect the toned appearance that one often desires. By removing a portion of sagging skin from around the inner or outer thigh area, it can help to create a more taut appearance that looks toned and restores the natural shape of the legs. A thigh lift at Reshape & Restore will provide long-term results, and many of our patients often don't feel the need to repeat this procedure in the future. An improved shape of the thighs can often make a person feel more confident, and have the spirit to wear the types of clothing they prefer, and feel physically more comfortable in it.

As part of the consultation we will always point out that surgery does not guarantee a permanent outcome, as the skin and the body will continue to age. This process can contribute to a decline in the skin's elasticity and the chance of the skin becoming loose in the future. Helping to maintain the outcome of your surgery often relies on the upkeep of a healthy and active lifestyle, which helps

to maintain the weight, shape and size of the entire body, including the thighs.

Disclaimer

We are unable to make any guarantees to the outcomes of your procedure as the results of cosmetic surgery differ from patient to patient. It is prudent to note that whilst potential outcomes may have been discussed, these can sometimes be modest. Beauty is entirely subjective, and therefore what is good / achievable for one person may not be good / achievable for another. We can only guide you to what we expect your outcome to be, during the consultation. It is also possible that post procedure, other areas of the body may become more noticeable such as: arms, flanks or thighs. This is more common with procedures such as breast augmentation or tummy tuck.

Surgery comes with no guarantee of happiness and cosmetic surgery should not be undertaken lightly. Before proceeding, you must be certain that you can cope both physically and mentally should any complications arise as a result of your decision to undergo a surgical procedure. For this reason we recommend that you do not hide the fact from friends or family, rather you involve them in the decision making process so you can be sure you have an adequate support network should you need it.