

Mr Asit Khandwala

MB MCh(Plast) FRCS FRCS(Plast) - Consultant Plastic Surgeon

tel: 01342 330 343

email: info@plasticsurgeon.org.uk

website: www.plasticsurgeon.org.uk



Thigh Lift For Patients With Lax Skin

Thigh lifts are used in patients that have lax skin on the inside and the upper part of the thighs. These can be used to reduce the size of the thighs but the scars are different. A thigh lift is often combined with a gentle liposuction to allow the skin to move further.

Who is this surgery suitable for? - This surgery is suitable for patients who have sagging skin due to ageing and excess skin around the thighs both on the inside and the outside. These patients should have skin laxity or have a need to tighten the skin.

Who is not suitable for this surgery? - Patients who are generally obese or on any form of nicotine. Patients who have had cardiovascular, heart and chest problems and with a history of deep vein thrombosis may not be good candidates for thigh lifts.

Patients with thick skin which does not move by physically lifting may also not be good candidates.

The scars - The scars run on the inside of the groin. Although this lifted skin is attached to the underlying tissues, the scars in the groin crease do have a tendency to drop down slightly with time and the effect of gravity. A further scar is placed on the inner side of the thigh if a reduction in the thigh circumference is required.

What does this operation achieve? - This operation tightens the skin and reduces the cellulite-like look around the inner thighs. It can make the thigh skin look more youthful.

What are the possible problems that this operation could have? - The patient will normally have drains which suck out fluid after surgery.

The patient is required to wear a pair of long cycling shorts in order to control the swelling and hold the dressings in place. The area takes about 2-3 weeks to heal up. There is usually an area of numbness on the inner and the outer aspects of the thigh. This gradually goes smaller but may not completely go away.

Other complications that sometimes can occur are: collection of lymphatic fluid, breakdown of the wound and infection. Thigh lifts are slightly more prone to problems with infection in view of the difficulty of keeping this area clean. How soon can I go back to work? - You would require a minimum of 2 weeks depending on the job you do. However, the range for patients is often between 2 and 4 weeks.

Mr Asit Khandwala

MB MCh(Plast) FRCS FRCS(Plast) - Consultant Plastic Surgeon

tel: 01342 330 343

email: info@plasticsurgeon.org.uk

website: www.plasticsurgeon.org.uk



How long to the effects last? - The effect should last for approximately 5-7 years. This is obviously dependent on the patient not putting on, or losing weight and maintaining a steady weight.

Is there much pain after the operation? - The operation is not very painful and you are usually given painkillers to control the effects.