

**Thigh Lift Surgery**

I want you to be as informed as possible before you choose to have surgery at the Bashioum Cosmetic Surgery Center, Ltd. Patients frequently ask the same questions about each surgery. I have compiled this list of questions from my 25 years of cosmetic surgery experience. I hope these help you understand how cosmetic surgery is beneficial and how it can make you feel better about yourself.



**What is thigh lift surgery?**

Thigh lift surgery (AKA dermatolipectomy, butt tuck and butt lift) reduces sagging of the thighs and buttocks. Liposuction and skin removal techniques are combined based on the preoperative thigh appearance. People with sagging, dimpled skin (cellulite) particularly after weight loss or aging, turn to thigh lift surgery to give a more natural appearance that matches their body proportions.

**What is a belt lift surgery?**

Thigh lift surgery when combined with a tummy tuck is called a belt lift. This combination leaves a scar which goes around the waist like a belt. I suggest the tummy tuck be done first followed by the thigh lift six weeks later. I believe this reduces the risks of serious complications and allows time during the surgery to give the best results.

**How much will it cost?**

Please call my office for an accurate price quote or better still, come in for a personal consultation. My suggested quotes include professional fees, anesthesia fees, operating room costs, equipment fees, before care and after care. They do not include hospitalization costs, prescriptions, home nursing care, preoperative history and physical examination, laboratory costs, or pathology fees. If you compare prices, make sure that you consider all these costs and fees. In addition, thigh lift surgery requires some time off work for a safe recovery.

**What can I do about the wrinkles and cellulite on my thighs?**

Some people have fat collections and sagging skin of their thighs particularly after weight loss. This combination leads to skin irregularities, sagging and cellulite. Thigh lift surgery selectively tightens the thigh skin thus reducing this appearance.

**What is thigh lift surgery?**

**What is a belt lift surgery?**

**How much will it cost?**

**What can I do about the wrinkles and cellulite on my thighs?**

**What can I do to make my thighs look better after weight loss?**

**Will I ever be exactly the same on both sides?**

**Will there be scars after surgery?**

**Will my bathing suit hide the scars?**

**What areas can be treated?**

**Will this problem return if I have children?**

**What are the risks of thigh lift surgery?**

**I have heard about so many bad things on television, is it safe to have thigh lift surgery?**

**What can you tell me about this new technique that I saw on television?**

**Should I stop smoking?**

**What other choices do I have?**

**What additional procedures can I consider that will enhance the result?**

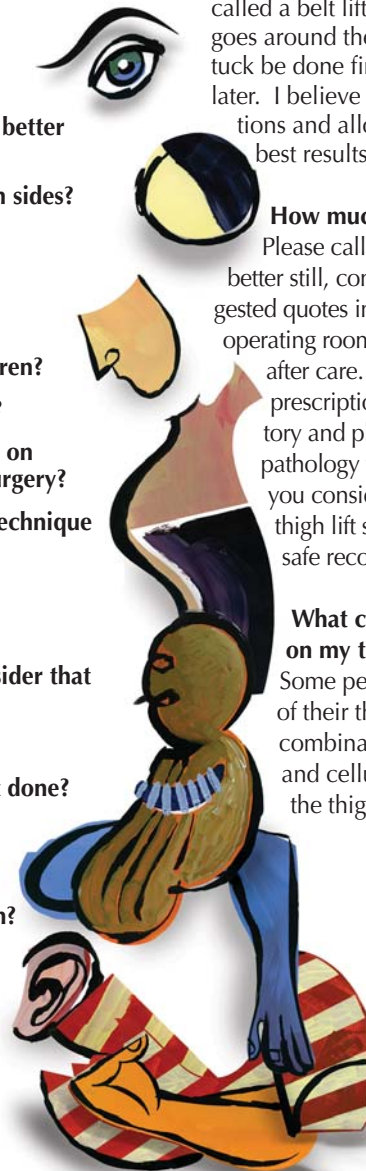
**Am I a good candidate for a thigh lift?**

**How many times can I have a thigh lift done?**

**What kind of anesthesia will be used?**

**How is a thigh lift done?**

**How long will I be in the operating room?**



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**What can I do to make my thighs look better after weight loss?**

Weight loss, aging and sun exposure stretches the skin of the thighs. This leads to sagging and wrinkling of the skin. Liposuction alone does not improve this. Thigh lift surgery removes the extra skin and reduces this appearance. This usually is the best choice to repair the effects of weight loss on your thighs.



**Will I ever be exactly the same on both sides?**

It is normal for your thighs to be different on each side. Surgery can reduce these differences but not eliminate them. It will be necessary for you to adjust to some asymmetry after your surgery.



**Will there be scars after surgery?**

Scars are part of all surgery. It is important to understand where thigh lift scars will be placed. The lateral and anterior thigh lift scar extends from just above the pubic hair as an upward curve (smile) toward the upper hipbones and onto the back meeting at the midline just above the buttocks crease. These thigh lifts are usually combined with a tummy tuck which is known as a belt lift. The inner thigh lift scars are placed in the groin adjacent to the labia or scrotum. The length of the scar is determined by how much extra skin is present. These can be covered with clothing. I try to keep the scars in the areas covered by a two piece bathing suit bottom. However, fashion always offers bathing suits that may reveal some of the scar.



**Will my bathing suit hide the scars?**

My goal is to place the scars in a position that can be covered by the bathing suit of your choice. However, fashion always offers bathing suits that may reveal some of the scars.

**What areas can be treated?**

All areas of the thigh can be treated with thigh lift surgery. The number of areas treated determines the location of the surgical scars.

**Will this problem return if I have children?**

Unfortunately, it is impossible to predict if this problem will return after having children. Changes in body shape do occur during pregnancy.

**What are the risks of thigh lift surgery?**

There are risks with any surgery. Infection, excessive bleeding, abnormal scarring, poor healing, slow healing, skin loss, changes in skin sensation, muscle or nerve injury, although uncommon, can occur. Fortunately, many problems that result from such complications are correctable with additional surgery. Although very rare, there have been reported deaths as a result of blood clots in the legs, severe infections, pneumonia-like conditions, and excessive liposuction fat removal. You must understand your risk of complications completely before you choose to have cosmetic surgery.

**I have heard about so many bad things on television, is it safe to have thigh lift surgery?**

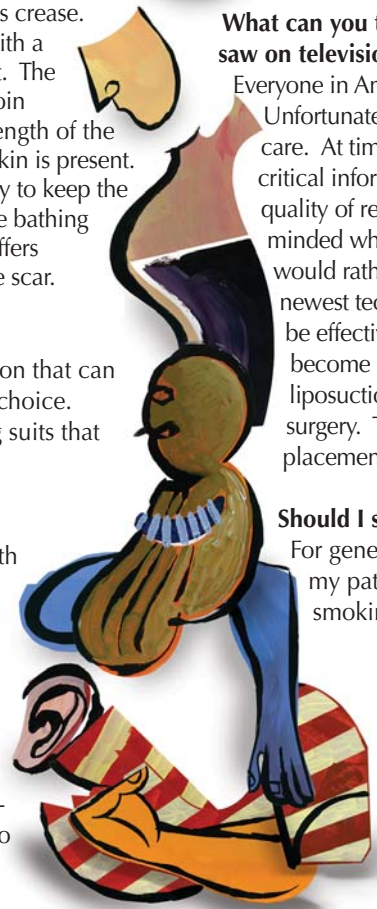
There are always risks to having cosmetic surgery. Serious problems are usually related to complications and/or undiagnosed medical conditions. I believe thigh lift surgery can be done safely with a high degree of patient satisfaction.

**What can you tell me about this new technique that I saw on television?**

Everyone in America wants the latest in medical care. Unfortunately, this is not always the best medical care. At times media presentations will leave out critical information about potential complications, quality of result, and FDA regulation. I am open minded when it comes to new technology but I would rather not expose my patients to try out the newest techniques until they have been proven to be effective and safe. Thigh lift surgery has recently become more popular due to the limitations of liposuction surgery and the popularity of bariatric surgery. The most recent advances are the placement of better healing incisions and belt lifts.

**Should I stop smoking?**

For general health reasons, I recommend that all my patients stop smoking. It is clear that smoking increases your risk for developing all



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**Should I stop smoking? (continued)**

sorts of cancers. Breathing problems like emphysema and circulatory problems including heart attacks are also linked to smoking. Smoking can increase the risk of coughing after your surgery that may lead to unwanted bleeding. Finally, the chemicals released from burning tobacco also reduce blood flow that can result in skin loss during the healing period. Both of these problems can ruin the results of your thigh lift and lead to revision surgery. It is always best to stop smoking.



complications and detracts from the aesthetic result. There are other things to consider including psychiatric conditions, life stress, medical illness, obesity, and motivation. You should be a healthy nonsmoker, within twenty pounds of your ideal weight, not going through major life stress (i.e. grieving a death, changing jobs, divorcing), and motivated by internal desires to look better.

**What other choices do I have?**

There are other choices when it comes to thigh lift surgery. These include superficial liposuction, weight loss, acceptance of a deformity, and changes in clothing styles. Alternate thigh lift scar placement can be considered. Always understand all your options before having a thigh lift.



**How many times can I have a thigh lift done?**

When thigh lift is done, extra skin and fat are removed stretching the remaining tissue. I strongly discourage weight gain that would stretch this skin again. This is not a treatment for continued weight gain or obesity.

**What kind of anesthesia will be used?**

Thigh lift surgery in my office is completed under general anesthesia. Patients are completely asleep during the surgery and remember little or nothing of the experience.



**What additional procedures can I consider that will enhance the result?**

Surgeries can be combined to yield dramatic and complimentary results. For safety reasons, I recommend the length of surgery be limited to six hours. Except for liposuction, I suggest no more than one area of the body be treated at the same time. It is particularly advantageous to combine a tummy tuck with lateral and anterior thigh lift because of the mechanics of incision placement and skin excision. I suggest the thigh lift be done six weeks after the tummy tuck.



**How is a thigh lift done?**

Thigh lift surgery can be separated into four parts. First, a plan is outlined on the thighs. Second, the incision is placed within the bathing suit lines so that the subsequent scar will be inconspicuous and easily covered. Next, planned liposuction is completed followed by excision of extra skin and fat. Finally, absorbable stitches are placed to close the incision in the skin.

**How long will I be in the operating room?**

The length of time it takes to complete a thigh lift is determined by the severity of your problem. Generally, a thigh lift takes three to four hours to complete. You will spend about six to seven hours in my office. Liposuction is sometimes combined with a thigh lift increasing the time required to finish the operation. For safety reasons, I limit the maximum time for surgery on each patient to six hours on a given day.

**Am I a good candidate for a thigh lift?**

This is a question that can only be answered after a consultation. Thigh lift surgery is suggested to patients with sagging and/or wrinkling of the thigh skin. It also improves cellulite. I feel strongly that thigh lift surgery is not a treatment for obesity. Obesity increases the risk of

