

The skin along your inner thighs typically has less tone and elasticity than the skin along your flanks or even your outer thighs. As a result, aging and weight loss cause the inner thigh skin to become loose. If you have also had excessive sun exposure for many years, the skin on your inner thighs may even be redundant and hanging. Even when you have a thick layer of fat along your inner thigh as well, liposuction alone will not make the skin in this area tighter.

In thigh lift surgery excess sagging skin on the upper thighs are removed to create smoother more appealing contours. It can be performed alone or in conjunction with other body lift procedures.

It is important to note that a thigh lift is not a weight loss solution and is not recommended for patients looking to remove excess fat. However, if you are looking to remove a small amount of bothersome fat on the thigh area, liposuction can be used during your thigh lift procedure to provide you with your desired result.

What does the surgery involve?

Thigh lift surgery is performed under general anaesthetic. The incision varies on the area or areas to be treated and degree of correction. One common technique used for a thigh lift places incisions in the groin that extend downward and wrap around the back of the thigh. The underlying tissue is tightened, and skin is reduced and re-draped, resulting in more proportionate and smoother body contours.

What are the different types of thigh lift?

There are different types of thigh lifts that target certain areas of the thighs for specific results:

Medial Thigh Lift

Targets the inner thigh. During an inner thigh lift, an incision is made at the area where the thigh and pubic area meet. A wedge of skin and fat is then removed and the skin is closed, leading to skin tightening, an improved leg contour and enhanced skin elasticity.

Lateral Thigh Lift

Designed to tighten skin on the front and outside of the leg. During a lateral thigh lift, an incision is made at the top of the leg where the lower edge of your underwear would be. A certain amount of skin is then removed before pulling the remaining skin up and attaching it to the same area. Through this technique, a lateral thigh lift serves to tighten skin along both the right and left side of the leg. This procedure is especially helpful to those who have excess skin after significant weight loss.

What results can I expect?

The results of thigh lift surgery are visible almost immediately, but it may take several weeks for your final results to fully develop. Over time, some visible scars will remain, but your results are long lasting, provided that you maintain a stable weight and general fitness. Scars also improve with time with maximum improvement requiring one year. As your body ages, it is natural to lose some firmness. However, most of your results should be relatively permanent.

What are the Risks Associated with Thigh Lift?

Some of the risks associated with thigh lift surgery include:

- Adverse scarring
- Excessive bleeding (hematoma)
- Infection
- Poor wound healing
- Fluid collection (seroma collection)
- Leg swelling
- Temporary or permanent loss of sensation, or nerve damage

What is the recovery and Aftercare?

- A compression garment is often used to minimise swelling and support the new contour of your thighs as you heal. This will need to be worn day and night for an average of 4 to 6 weeks.
- We advise that you remove the garment daily and shower normally then either dab your thigh area dry with a clean towel or use the cool setting of a hairdryer to blow dry the area around your incisions.
- Deep sutures are used to close any incisions that dissolve within four months and so there will be no sutures that require removing.
- Most people are advised to take seven to 10 days off work for recovery time. Some bruising and swelling may occur after surgery, which could last up to one month. The majority of patients recover well after a thigh lift, with most returning to all normal activities within four to six months.
- Avoid all heavy lifting and vigorous exercise for at least 4 to 6 weeks however we do recommend that you continue with gentle exercise such as walking to ensure you maintain muscle tone and blood flow.
- Avoid using any public swimming baths for 6 to 8 weeks.
- Ensure good hand and personal hygiene.
- Avoid allowing pets near the incisions.
- Ensure that you continue to eat and drink normally after surgery and keep yourself well hydrated.
- Do notify us immediately if you have any concerns or notice any increased redness, heat around the incision or if you have any discharge from around the ear.
- Continue to take painkillers such as paracetamol and Ibuprofen as directed. You will have been provided with painkillers prior to your discharge.

You will be asked to attend a follow up Consultation between 5 and 7 days post your procedure. You will be provided with this appointment prior to leaving hospital.

Once we have seen you at your follow up Consultation, we will then advise on when you can start massaging the area around your thighs and the best technique to use. We recommend the use of scar improvement oils such as Bio-oil.

Please do not hesitate to contact us if you have any questions, queries or concerns.