

Thigh lift

Surgery to lift and tighten skin on the thighs for a smoother, slimmer silhouette

What is a Thigh Lift?

Age, pregnancy, and weight loss can leave the skin on the thighs wrinkly, loose, and saggy. A Thigh Lift or thighplasty is a cosmetic surgical procedure performed to lift and tighten the thighs and remove all excess skin and fatty tissue.

Thigh lift surgery can make the thighs look smoother, tighter, and more toned. Thighplasty at Bella Vou can help your legs look better in and out of clothing, and give you the body confidence you deserve.

Why have a Thigh Lift?

Aging, weight changes, and gravity can take their toll on the body. Over time, the skin loses elasticity, so that it doesn't spring back after weight loss (such as following bariatric surgery) or pregnancy. Loose skin on the legs can hang in folds, making them look droopy and wrinkled.

Excess skin can be unattractive and uncomfortable, but a Thigh Lift can get rid of excess skin and streamline your legs so that they appear trim, toned, and even.

If your thighs are affecting your self-esteem, or you're too self-conscious to wear shorts or swimwear, the specialist surgeons at Bella Vou can help. A Thigh Lift can rejuvenate your legs, smooth your body contour, and give your confidence a boost.

What happens in Thigh Lift surgery?

At Bella Vou, Thigh Lift surgery is usually performed under general anaesthetic, although local anaesthesia may be used for people with smaller amounts of excess tissue. It is generally done as a day case procedure, meaning you won't need to stay in hospital overnight.

The specialist plastic surgeon makes an incision in the groin so that the scar is discreetly hidden. The extent of surgery and scarring depends on the amount of loose skin and fat. If there is more tissue to remove, the scar will extend from the groin down the inner thigh and towards the inner knee.

The surgeon will remove all the excess skin and fatty tissue and smooth the skin, pulling it tightly so that the thighs are smooth and shapely.

For some people, the treatment may be combined with Vaser liposculpting, liposuction, and Renuvion skin tightening to achieve the best cosmetic results.

How long is the recovery from Thigh Lift surgery?

Some bruising, swelling, and discomfort are normal following Thigh Lift surgery. The surgeons will provide elasticated support garments to reduce pain and swelling and improve recovery.

Your surgeon will provide individual guidance on when it's safe to return to normal activities. In general, most people can return to work around two weeks following surgery. Driving can be restarted between two and four weeks after your operation, and it's important to wait between four weeks and six weeks before undertaking exercise.

Quick glance guide to Thigh Lift surgery

Procedure Time: 1-2 hours

Recovery: 4-6 weeks. Return to work from 2 weeks, depending on the job

Anaesthetic: General anaesthetic. Local anaesthetic with or without sedation may be used for smaller procedures.

Hospital stay: No

Treats: Excessive skin on the inner thigh

Why choose Bella Vou for your Thigh Lift?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Thigh Lift journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon, with no obligation to proceed to treatment. The consultation is an opportunity to discuss your concerns and whether a Thigh Lift is the right procedure to help you achieve the appearance you want.

Bella Vou also offers innovative, new techniques for treating loose skin and excess fatty tissue. The experienced plastic surgeons can advise on whether Vaser Liposculpture, together with either Renuvion skin tightening or surgery to remove excess skin, may provide smaller scars, quicker recovery, and a better cosmetic result.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjvani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. If someone is uncertain about an operation, we're happy to see them several times, without a consultation charge. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment with your consultant before proceeding to surgery. This will give you a chance to find out more about the Thigh Lift procedure, your recovery, and to ask any questions you may have.

Preparation for Thigh Lift surgery

The surgeons at Bella Vou will advise you on any pre-operative preparation to reduce your risk of infection and help your recovery.

You may be asked to stop any aspirin or anti-inflammatory medication, which can increase the risk of bleeding. It's important to stop smoking cigarettes and e-cigarettes, which can impede the healing process. You should continue to shower daily, as usual.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. If you have a general anaesthetic, the experienced anaesthetist will support you and carefully apply the anaesthetic.

What happens during Thigh Lift surgery?

After thoroughly cleaning the skin, the surgeon will make an incision on the inside of the groin. The length of the cut varies depending on the amount of skin and fatty tissue to be removed. For people with extensive excess skin, the scar may extend from the groin towards the knee.

The surgeon will then pull the skin towards the incision, ensuring it is tight and smooth before suturing the wound closed and excising all the excess skin and underlying fatty tissue.

The sutures are hidden under the skin. They are absorbable and do not need to be removed. After the operation, dressings are applied to the wound, and a pressure garment is placed to reduce swelling and bruising.

Recovery from a Thigh Lift

You will usually be able to go home on the day of the procedure, with no drains or drips. Some swelling and bruising are normal after Thigh Lift surgery. The plastic surgeons at Bella Vou will provide you with an elasticated support garment to reduce swelling and bruising and help the process of healing and tightening.

One of the Bella Vou team will give you a call the day after surgery to make sure you're well and to answer any questions. The nursing team will check your wound after one week, and your surgeon will review your progress after six weeks; however, the staff is always on hand if you have any concerns.

Your surgeon will provide individual guidance on rehabilitation and when it's safe to return to normal activities. Most people can get back to work around two weeks following surgery. You can usually drive between two and four weeks after your operation, and after four to six weeks, you can gently reintroduce exercise.

The staff at Bella Vou will carefully monitor your recovery. After one week, the nurse and wound care specialist will check your scar. At around six weeks, your surgeon will check your progress, and at six months, the nurse and wound care specialist will see you again to ensure that you remain healthy, well, and happy with your results. If you have any questions or concerns, the staff are on hand to offer support and guidance every step of the way.

FAQs

Are there any other treatments to lift the thighs?

Yes, Bella Vou offers different treatments to slim the thighs and tighten the skin. Vaser liposculpture and Renuvion skin tightening can also reduce fat and improve the shape and appearance of the thighs. BodyTite is an innovative new technique that simultaneously removes fat and tightens the skin. The experienced plastic surgeons will examine your legs and recommend the best treatment programme to get the results you want.

How long should I wear the pressure garments?

If your plastic surgeon recommends you wear pressure garments, you should keep them on day and night for 4 to 6 weeks, unless otherwise advised.

Will my Thigh Lift scars be visible?

All surgery leaves scars. The specialists at Bella Vou work hard to minimise scarring. The scars are placed discreetly in the groin and inner thighs. If extensive amounts of skin are removed, the scars are longer. However, they are placed on the inside of the legs, hidden from direct view.

When will I be able to exercise again after a Thigh Lift?

You can usually start exercise at about 4 to 6 weeks after surgery. It's sensible to take it easy in the early days, then increase intensity as your strength and fitness improve.