

Thigh/ Buttox Lift:

A Thigh/ Buttox Lift is a major surgical procedure to remove excess skin and fat from the lateral/ posterior thigh and buttox. Often the tissue can be used as an augmentation to a flat buttox. The procedure can dramatically reduce the sag of the lateral thigh and buttox that often accompany significant weight loss. But bear in mind, it does produce a permanent scar, which, depending on the extent of the original problem and the surgery required to correct it, can extend from hip to hip. Often it is incorporated into the abdominoplasty scar. This is not a minor procedure. It represents one of the major aesthetic procedures with associated major risks. Plan to take some time off if you are considering this procedure.

The best candidates for Thigh/ Buttox Lift are men or women who are in relatively good shape but are bothered by a large fat deposit or loose thigh/ buttox skin that won't respond to diet or exercise. The surgery is particularly helpful to massive weight loss or gastric by-pass patients. Loss of skin elasticity in older patients, which frequently occurs with slight obesity, can also be improved.

Patients who intend to lose a lot of weight should postpone the surgery. Also, women who plan future pregnancies should wait. If you have had a gastric by-pass procedure make sure your weight has stabilized before you undergo this procedure.

An Thigh/ Buttox Lift is a cosmetic/aesthetic procedure not covered by insurance carriers. Thousands of Thigh/ Buttox Lifts are performed successfully each year. When done by a qualified plastic surgeon who is trained in body contouring, the results are generally quite positive. Nevertheless, there are always risks associated with surgery and specific complications associated with this procedure. Post-operative complications such as infection and blood clots are rare, but can occur. Infection can be treated with drainage and antibiotics, but will prolong your hospital stay. You can minimize the risk of blood clots by moving around as soon after the surgery as possible. Poor healing, which results in conspicuous scars, may necessitate a second operation. Smokers should be advised to stop, as smoking may increase the risk of complications and delay healing. Do not have this surgical procedure if you cannot stop smoking.

Complete Thigh/ Buttox Lift usually takes three to five hours, depending on the extent of work required. Most commonly, the surgeon will make a long incision from hipbone to hipbone. Next, the surgeon separates the skin from the thigh, back and buttox areas. Sometimes this tissue is used as a graft to accentuate the buttox. The lateral thigh and buttox are then lifted and excessive skin is removed.

Pain pumps are not commonly placed. Depending on the extent of the surgery, you may be released within a few hours after surgery, stay overnight or, you may have to remain hospitalized for two to three days. It is important to have someone to care for you in the post operative period. You could require assistance for 3 to 5 days postoperatively. It may take you weeks or months to feel like your old self again. If you start out in top physical condition, recovery from a Thigh/ Buttox Lift will be much faster.

Some people return to work after two weeks, while others take three or four weeks to rest and recuperate. A Thigh/ Buttox Lift produces excellent results for patients with excess skin. And in most cases, the results are long lasting, if you follow a balanced diet and exercise regularly.

If you're realistic in your expectations and prepared for the consequences of a permanent scar and a lengthy recovery period, a Thigh/ Buttox Lift may be just the answer for you.