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Thigh lift

Breast and Body Plastic and Reconstructive Surgery Clinic

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What is Thigh lift?

Thigh lift is a surgical procedure that reduces excess sagging skin and fat from your thighs.

Fluctuations in weight, massive weight loss, growing older and heredity can cause your thighs to have a loose sagging appearance. This is a condition that cannot be corrected through exercise.

Thigh lift surgery will help you reshape your thighs and improve your daily activities.

Check the illustrative video [here](#)¹ and [here](#)².

Before the Surgery... Preparation and Expectations

Liposuction alone can remove excess fat deposits where skin has good elasticity and is able to naturally conform to new body contours. In cases where skin elasticity is poor, a thigh lift along with liposuction may be recommended.

Your weight should be stable for 3-6 months before doing the surgery and maintained after it to keep good aesthetic results.

A detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests.
- Examine your thighs to determine your treatment options.
- Photographs of your thighs from different angles.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your procedure will be performed and the date of operation.

Our medical team may advise against Thigh-lift if you have a medical condition that prevents blood clotting or experiencing ongoing weight fluctuations (or if you are significantly overweight), or if you are a heavy smoker. Thigh-lift surgery isn't for everyone.

Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by our medical team.
- Stop smoking, for 3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.

<https://www.ypo.education/plastic-and-reconstructive//inner-thigh-lift-t182/video/>
<https://www.ypo.education/plastic-and-reconstructive//outer-thigh-lift-t180/video/>

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During the Surgery

Anesthesia: Type of anesthesia will be discussed and determined with our medical team before the surgery. Epidural (half body) anesthesia with sedation can be applied, however, in certain cases general anesthesia is more recommended.

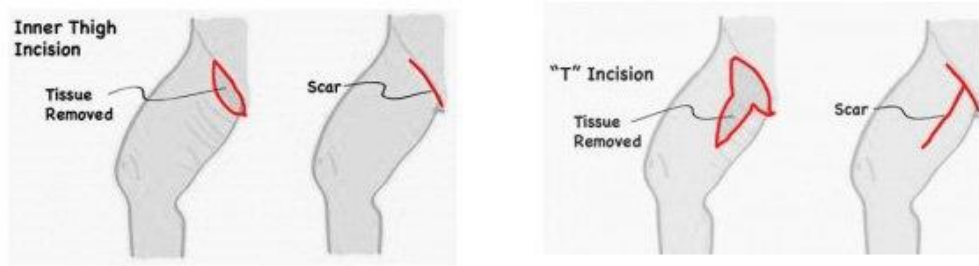
Procedure Steps: A suction technique may be used to remove fat (liposuction). The length and pattern of the **incisions** depends on how much skin will be removed. A suction technique may be used to remove fat (liposuction).

Inner thigh lift incision

If the excess skin is in the upper part of the inner thigh, you may qualify for a minimal horizontal incision for inner thigh lift that involves an incision only in the groin area.

If the excess skin is reaching the middle or lower part of the thigh, a horizontal and vertical incision (T incision) from the groin down to the knee along the inseam will be required for adequate contouring. Then the underlying tissues will be tightened and secured with stitches

Sometimes staging of the surgery will be needed if there is excess fat and skin, meaning that liposuction alone will be done first in one surgery and a later surgery at a different time will be performed to do the thigh-lift.



Outer thigh lift incision

Improving the contours of the outer thigh may require an incision extending from the groin around the hip and across the back.

Advanced techniques usually allow incisions to be placed in strategic locations where they can be hidden by most types of clothing and swimsuits. However, incisions may be extensive.

- The surgery lasts for 4-5 hours depending on the surgical details and patient's situation.



After the Surgery

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
- Your incisions will be covered in bandages and your thighs will be wrapped in elastic bandages to minimize swelling.
- The swelling will improve by time along with the contour and size.
- Small tubes might be placed in your thighs to drain any excess blood or fluid.
- Do not worry if liposuction fluids and solutions come out and appear on the corset. These fluids may be in large amount and bloody. This is normal and will decrease gradually within 3 days.
- The draining tubes are removed in a week after the surgery.
- Sometimes may need to wear a compression garment (corset) for a few weeks to keep swelling down.
- You may need to wait 2-3 week at least before returning to work and a few weeks before resuming your normal activities — including exercise.

Post-Procedure Precautions

1. Avoid heavy lifting or climbing stairs for 3-4 weeks.
2. It is advised to walk slowly, starting the day of the surgery to avoid immobility risks.
3. Avoid physical and athletic activities with your thighs that might stretch the incisions for 4-8 weeks after surgery.
4. Stop smoking. Smoking slows the healing process and may make you more likely to get an infection.
5. Limit your dietary salt intake to help faster swelling recovery.
6. Drink plenty of fluids and eat high protein and vegetables diet.

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7. Massage 1-3 weeks after the surgery. You can do it yourself at home or ask our clinic for support. Check massage and related videos [here](#) and [here](#)².

Recovery and Results

- The smoother, tighter contours that result from thigh lift surgery are apparent almost immediately following your procedure. Initial results will be obscured by swelling and bruising, and a scar will remain where the incision was made.
- The bruising and swelling will generally fade within 10-21 days.
- The results of thigh lift surgery will be long-lasting, provided that you maintain a stable weight and general fitness. As your body ages, it is natural to lose some firmness. Sometimes additional surgery may be required after a period to reach the desired result.

Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visits (once a month) during the next 6-12 months.

Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of thigh lift are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and at different periods to follow up the progress achieved.

Generally, the possible risk associated with thigh lift includes:

- Aesthesia risk
- Scarring. Incision scars from a thigh lift are permanent but are typically placed in areas that aren't easily visible if it's a horizontal scar only. Rarely, incisions can result in raised, red scars. Injections of a corticosteroid medication or other treatments might be used to improve the appearance of scars.
- Deep vein thrombosis, cardiac and pulmonary complications
- Fluid accumulation (seroma)
- Infection

² https://www.youtube.com/watch?v=CIB_nqi2u04 - <https://www.youtube.com/watch?v=mhpWAECfMPw> - <https://www.youtube.com/watch?v=4QmpXFd1KWl>

- Major wound separation
- Numbness or other changes in skin sensation
- Persistent pain
- Poor wound healing
- Possibility of revisionary surgery
- Recurrent looseness of skin
- Skin discoloration and/or swelling
- Skin loss
- Asymmetry in the shape of your thighs. This could occur as a result of changes during the healing process. Also, while the surgeon will try to make your arms look as symmetrical as possible, perfect symmetry isn't always possible.
- Sutures may spontaneously surface through the skin, become visible or produce irritation that require removal.

Medication

R/Tavanic 500mg	One tablet daily for 5 days
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Alphintern	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
R/Controloc 40mg	One tablet 30 minutes before breakfast for 10 days
R/Neurontin 300mg	One tablet before sleeping for 5 days

Cited in : – American Society of Plastic Surgeons: <https://www.plasticsurgery.org>

– Mayo Clinic: <https://www.mayoclinic.org/>