

The Run Down *on* Thigh Lifts

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As we age, the natural elasticity of the skin is lost as the amount of elastin lessens, and the skin and fat of our inner thighs begin to sag, creating saggy skin that hangs from the inner part of the thighs. This condition can also occur after substantial weight loss.

Exercise may help to strengthen and improve the underlying muscle tone of the thigh; however, exercise will not help any excess skin that has lost tone, nor help underlying weakened tissues and localised fat deposits. If exercise and weight control efforts have not achieved the goals for a body that is firmer, more youthful-looking and more proportionate to the overall body image, a surgical lift may be the right choice

WHAT IS A THIGH LIFT?

Thigh lift surgery is a procedure that reshapes the thighs by reducing excess skin, and in some cases fat, resulting in smoother skin and better-proportioned contours of the thighs and lower body. It may help to increase confidence and a better self-image.

The appearance of the inner thighs can be corrected by removing skin and fatty tissue, however the surgery often leaves a scar which begins in the groin area, runs across the inside of the thigh and then under the crease of the buttock. In cases where there is significant excess of loose skin on the inner aspect of the thigh, additional surgery must be done to contour the area properly. This leaves a vertical scar on the inside of the thigh.

Liposuction may be used as an adjunct to help with the contours of the inner thigh or in some cases liposuction can be used as an alternative.

WHO IS A GOOD CANDIDATE FOR A THIGH LIFT?

Thigh lift is an individualised procedure and may not be suitable for everyone. The most common reasons for considering a thigh lift are:

- Aging, heredity and weight loss caused significant inner thigh skin excess
- Self-consciousness due to the appearance of the thighs
- Desire for better, more proportionally contoured and firmer looking thighs
- Difficulty fitting into clothing because of heavy thighs



WHAT ARE THE LIMITATIONS OF A THIGH LIFT?

- Thigh lift surgery does not treat the lower leg
- A scar along the inner side of the thigh is necessary to perform thigh lift surgery
- Significant changes in weight can affect the long term results of thigh lift surgery

WHERE WILL THE SCARS BE?

The scar which begins in the groin area, runs across the inside of the thigh and then under the crease of the buttock. In cases where there is significant excess loose skin on the inner aspect of the thigh additional surgery must be done to contour the area properly and results in a vertical scar on the inside of the thigh.

Thigh lift scars vary depending on the amount of excess tissue you have and the elasticity of your skin. Scars usually fade and soften over a period of one year, however they will never disappear.

HOW LONG DOES THE EFFECT OF A THIGH LIFT LAST?

The results of thigh lift surgery will be long-lasting, provided that you maintain a stable weight and general fitness. Thigh lift will not prevent the effects of aging. It is natural to lose some firmness, but most of your improvement should be relatively permanent.

WHAT ARE THE COMPLICATIONS OF A THIGH LIFT?

In general, thigh lift is safe, and the results are entirely predictable, with an associated high- degree of patient satisfaction. Nevertheless, no surgery is without risk.