

## **Lower Body Lift**

The term "body lift" can be confusing because it is often used interchangeably with "buttock lift" or "thigh lift". A body lift consists of a thigh lift and a buttock lift. A tummy tuck or "abdominoplasty" may be performed at the same time, in order to rejuvenate both the front and the back areas. Aging, sun damage, pregnancy and significant fluctuations in weight as well as genetic factors may contribute to poor tissue elasticity and can result in sagging of the abdomen, buttocks, and thighs. However, the patients that we treat most often are those individuals who have undergone bariatric surgery, sometimes losing as much as 200 or more pounds. For these patients, lower body lifting is just one part of the body contouring needed to regain a normal figure.

### **Who needs it?**

### **How is a Lower Body Lift Performed?**

### **Risks and long term considerations?**

### **Recovery?**

### **Other procedures to consider?**

### **Who needs it?**

The ideal candidate for this operation is an individual with excess skin along the thighs and buttocks. To assess whether you will benefit from a body lift, stand in front of a mirror and pull up your lateral thigh and buttock with both hands. If you can lift up a large amount of skin and your thigh/buttock area has an improved appearance, then you will benefit from a body lift.

### **How is a Lower Body Lift Performed?**

The procedure begins with the patient placed face down on the operating table. The buttock and thigh skin is elevated from the underlying muscles and pulled upwards strongly. The excess skin is then removed, and the skin is closed over drains. The patient is then repositioned onto their back and the incision is continued onto the abdomen. If abdominal contouring is necessary, then a tummy tuck is performed. Drain tubes are placed under the skin to evacuate any fluid which may ooze after the operation. The drains exit in the area of the pubic hair through tiny holes.

Your lower body lift will be individualized to your specific conditions and the regions to be treated. Body lifts are surgical procedures and they require incisions; in some cases, incisions may be extensive. The scar required for the procedure is placed very low on the abdomen, generally in the pubic area, runs higher on the thighs to preserve the aesthetic appeal of the thigh, and continues along the lower back, just above the buttocks.

Along with tightening of the thighs and buttocks, the procedure often incorporates liposuction to achieve balance between the torso and the thighs. A lower body lift can be done with or without inner thigh lift and liposuction. That decision will be based on your personal goals.

### **Risks and long term considerations?**

A body lift is a common aesthetic procedure with generally very good results. 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. Infections can be treated with drainage and antibiotics, but will prolong your recovery. You can minimize the risk of blood clots by moving around as soon after surgery as possible.

Poor healing, which results in conspicuous scars, may necessitate a second operation. You can reduce your risk of complications by closely following our instructions before and after the operation, especially with regard to when and how to resume physical activity. Smokers are advised to discontinue smoking at least 6 weeks prior to surgery, as smoking increases the risks of complications and delays wound healing by altering blood circulation in the skin.

### **Recovery?**

Individuals with desk-type employment may resume work in 4 to 6 weeks. Lifting should be limited to 10 lbs. or less for 6 weeks. Others with work involving prolonged periods of standing, walking or heavy lifting may need to wait from 6 to 8 weeks.

### **Other procedures to consider?**

Many patients considering a lower body lift are excellent candidates for other areas of body contouring. If you have lost a significant amount of weight, you might also consider a tummy tuck, arm lift, breast lift, breast reduction, facelift, or liposuction.