

## **Inner Thigh Lift**

The effects of time and gravity can cause the skin of the inner thigh to lose tone. This loss of tone can cause the skin to sag or lose the smooth appearance of an earlier age. This condition can be exaggerated by weight loss. In general, the inner thighs are affected earlier than the outer thighs. Along with sagging skin, the inner thighs can be an area of fat collection. Excessive fat can produce an unpleasant contour. For many women, the fatty deposits do not respond to weight loss or exercise. Liposuction alone can improve the contour of the inner thighs when skin tone is good and excessive fat is the primary problem. However, the inner thigh lift procedure is needed when this isn't the case, and excessive skin needs to be removed. Dr. Butterfield often performs an inner thigh lift procedure at the time of a lower body lift.

### **Who needs it?**

### **How is an Inner Thigh Lift Performed?**

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

### **Recovery?**

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

### **Who needs it?**

Ideal candidates for an inner thigh lift are individuals who are bothered by sagging inner thigh skin. 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, inner thigh lifting is just one part of the body contouring needed to regain a normal figure. In addition, the best candidates are healthy individuals who do not have medical conditions that can impair healing or increase risk of surgery and are non-smokers.

### **How is an Inner Thigh Lift performed?**

A pre-operative assessment is made the morning of surgery, and appropriate marks are placed on the skin to be removed. Depending on the amount of skin to be removed and the laxity of the tissue, the design of an inner thigh lift is modified. In less severe deformities, an incision is placed within the groin and the skin is removed as a crescent. However, for those patients who have excess skin and tissue all the way down to the knees, a "stocking seam" incision is added along the inside of the thigh. Surgery is performed under a general anesthetic. Once asleep the patient is positioned on her back, and the markings for resection are incised. The tissue is removed, and drains are placed. These usually exit the skin through very small holes in the pubic hair. The incisions are closed with absorbable sutures and dressings are wrapped around the legs, and usually held in place with ACE wraps.

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

This procedure has a very high satisfaction rate with generally good results. Nevertheless, as with any surgery, there are complications that can occur and some that are more specific to this operation. Bleeding can occur after this procedure but this is unusual. Infection can occur and this may be associated with a small area of skin separation. This problem responds very favorably to a period of dressing changes and oral antibiotics with a good end result. 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. You can reduce your risks of complications by closely following our instructions before and after the surgery.

**Recovery?**

Individuals with desk-type employment may resume work in 1 to 2 weeks. Lifting should be limited to 10 lbs. or less for 4 weeks. Others with work involving prolonged periods of standing, walking or heavy lifting may need to wait from 3 to 6 weeks.

**Other procedures to consider?**

Many patients considering an inner thigh 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, lower body lift, or liposuction.