

What is a Thigh Lift?

A thigh lift is a cosmetic procedure to address extra skin and fat present in the upper inner thighs. This can be performed as a combination of liposuction and surgical skin tightening.

Who Can Have a Thigh Lift?

A thigh lift works best to contour loose skin with a minimal amount of inner thigh fat. This is not a substitute for weight loss or simple fat removal.

During the initial consultation with Dr. Lee, we will discuss your goals for surgery and review your health history.

The best outcome for surgery occurs when a patient has good general health, has reasonable expectations, does not smoke cigarettes, and has a stable weight (BMI under 30). Other special considerations include past abdominal or groin surgeries, leg surgeries or liposuction, skin quality, previous weight loss, history of blood clot or swelling in the legs.

Preparing for Surgery

You will have a pre-operative appointment with Dr. Lee, where you have an opportunity to review the plan and ask questions. You will need some lab tests before surgery to review your health. Pre-operative photographs will be taken at the time to help track your progress.

To maximize your ability to recover, we recommend improving your protein intake. Blood thinners need to be stopped safely (including aspirin).

Recovery After Surgery

The usual recovery time is 2-4 weeks after surgery.

During this time, you will have swelling, bruising, and tenderness. The swelling peaks in the 3-4 days after surgery. The muscle will feel very tight, similar to a heavy workout. Occasional twinges can be felt with movement at the areas where the deeper stitches were placed which decrease over time. You may have a special dressing to keep

the incision clean and waterproof - keep this in place until you see Dr. Lee after surgery. You will need to wear a compression garment for 1 month. We recommend no exercise during this period for best results.

There is a small amount of lingering swelling that can last for 3-6 months. The internal scarring softens and changes over a 1 year period when the result is stable.

The final result is after 1 year.

Schedule your personal consultation with Dr. Lee to talk about thigh lift surgery.