

# Thigh Rejuvenation



The Cosmetic Surgery Guide asked plastic surgeon Mr Gary Ross to explain what thigh lift surgery is and how it can help rejuvenate your lower body.

Often excess skin or fat can be a problem for patients in the thigh area and thigh rejuvenation is being more frequently requested. For patients with excessive weight loss thigh lifting can be combined with other procedures in other areas of the body.

The distribution of excess fat and skin and the quality of skin of the thighs will often determine what are the best options for patients. Surgical treatments combining skin tightening and fat removal without skin excision may offer some promise and a discussion regarding the pros and cons should be addressed in any consultation relating to thigh rejuvenation. Liposuction on its own can provide some skin tightening and the perception of skin rejuvenation, although where excess skin is present surgical excision is often the only reliable way to improve contour. If there is excess fat only liposuction can be used, although patients must be aware that excessive fat removal alone will often lead to visible skin excess that may only be correctable by surgical excision at a second stage.

There are many areas of the thighs that can be troublesome to patients but most often it is the appearance of the thighs from the front. The appearance of the thighs from behind and rejuvenation in this area only is less frequently requested although for some the appearance of the thighs all the way around the body is of concern. The most frequently requested rejuvenation procedures on the thighs are for excess skin and/or fat in the inner and/or outer thighs.



*“ Each of the thigh rejuvenation techniques has pros and cons and help to address different areas. ”*

## Gallery:



It is important for patients to discuss the various options and pros and cons of thigh lifting, liposuction, buttock lifting and total body lifting when considering surgery for thigh rejuvenation. Each of the techniques has pros and cons and help to address different areas.

Traditionally the terminology of thigh lifting has been applied to an inner thigh lift where the scars are placed in the groin crease and/or a vertical line along the inside of the leg. The extent and the position of the scar need to address the skin excess present and the needs of the patient.

For younger patients with good quality skin a thigh lift using a groin incision may be sufficient in combination with liposuction to give a pleasing result. If excessive skin is present a vertical scar may be a better option. The vertical scar can be limited or extended depending on what one is trying to achieve. It is not recommended that the scar go past the knee.

Thigh lifting can also be performed from under the buttock crease or the thighs can be lifted by incisions above the buttocks. In certain circumstances a total body lift is a good option in addressing the upper thighs. In a total body lift the scars are placed all the way around the body. Where there is excessive skin excess in the upper thighs in combination with excess tissue all the way around the body a total body lift remains a good option. Often scars in the buttock crease can become troublesome and the pros and cons of thigh lifting via this method should be discussed with the patient.

With modern surgical techniques recovery following thigh lifting is relatively short. It is uncommon to require drains and although it is recommended that thigh lifting be performed using general anaesthetic, patients are able to mobilise as soon as they have recovered from the anaesthetic.

Thigh rejuvenation may involve many different options and a consultation regarding all these different options will help you make a decision as to what the best option is for you.

For more information about **Mr Gary Ross** visit [www.garylross.com](http://www.garylross.com)

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