

## **Aspire Procedural Information Guide**

### **Thigh Lift**

Welcome to your Aspire Experience. This is your informed decision informational packet. It will give you information concerning your Aspire surgical experience from the start to the completion. It is important that you read this information carefully and completely.

Even the best diet and exercise efforts can't address sagging skin. For those troubled by excess skin on their lower body, a thigh lift can offer a smoother, tighter and more proportional appearance.

Thigh lift surgery reduces excess soft tissue along the inner and outer thigh. When paired with liposuction to remove excess fat, a thigh lift can dramatically change the contour of your lower body.

If you are a healthy non-smoker whose weight is relatively stable, and you are committed to maintaining a healthy diet and exercise, you could be a good candidate for a thigh lift.

#### **Consultation**

If you are considering a thigh lift, the first step is to meet with Dr. Lee. He will take the time to get to know you and talk about why you want to undergo a thigh lift procedure.

Be prepared to share your medical history, including previous surgeries, medical conditions, drug allergies and current medications. Dr. Lee will conduct an exam to assess the elasticity of your skin, take measurements of your lower body and take photos for your records.

It is important that you be as close to your ideal weight as possible before undergoing a thigh lift. If you lose weight after your procedure, your tightened skin will again be loose and sag. If you gain weight after your procedure, you will stretch your tightened skin or undo the results of your thigh lift.

You may need to lose weight before undergoing a thigh lift, as excessive heaviness in the lower body will slowly reverse the results of your lift. Dr. Lee may recommend liposuction with your thigh lift if you have excess fat in your lower body.

#### **Before Your Thigh Lift Surgery**

Knowing what to do and what to expect before your surgery will make for the best possible outcome.

If you're a smoker, you will be asked to stop smoking well before surgery. You may need to get lab testing or a medical evaluation, to take certain medications or adjust your current medications. You will need to avoid aspirin and certain anti-inflammatory drugs before surgery, because they can cause increased bleeding. Dr. Lee will provide additional preoperative instructions.



Your surgery will be performed at the fully accredited Southwest Surgical Suites or another accredited facility. They will contact you prior to your procedural date to review medical history and instructions. Do not eat or drink anything after midnight the night before your procedure for a morning surgery; including water, mints, chewing gum, and vitamins. For an afternoon procedure, obtain specific instructions during your pre-operative call. Having an empty stomach is extremely important for your safety.

You likely will receive general anesthesia. Dr. Lee will recommend the right anesthesia for you.

Be sure to arrange for someone to drive you home after surgery and to stay with you at least the first night following surgery.

### **Your Thigh Lift Surgery**

Upon arrival at the surgical facility and after registration, you will be escorted to the preoperative area where you will be prepared for surgery. One guest may be with you until you go into the operating room. Both your physician and your anesthesiologist will meet with you prior to your procedure.

Thigh lift techniques vary based on individual needs. In the most common technique, incisions are started in the groin and wrap around the back of the thigh. The underlying tissue is reshaped, and the skin is redraped and trimmed.

Incisions are made along natural body contours, and they can generally be hidden by most clothing and swimwear. Incisions are closed in layers—support sutures in the underlying tissues create your new contour, then surface sutures close your skin incisions. For this reason, drains are inserted into your incisions. You will measure the fluid each day to help determine when they can be removed—typically within two to three weeks. You will return to the office for this process as well as removal of your sutures.

### **After Your Thigh Lift Surgery**

When your surgery is complete, you'll be taken into a recovery area where you will be closely monitored. Although the time varies, most patients are discharged one to two hours after the procedure. Southwest Surgical Suites also offers overnight stays if ordered by the physician and appropriate for the procedure performed.

You may be wrapped in compression garments to reduce swelling and smooth and support your thigh tissue, or these may be added later. You'll receive detailed instructions for your post-surgical care, including drains if they've been used. In most cases, you'll go home in just a few hours. You will need a caregiver to drive you home and to stay with you for the first 24 hours to watch for signs of complications.

You will be encouraged to walk beginning the day after your surgery. You may notice some temporary numbness in your thighs. You'll return to our office for weekly visits where Dr. Lee can monitor your drains and sutures and assess your progress.

Your incisions may not completely heal for a month or longer, and a small scar will remain. You likely will have to wear a compression garment for the first month. Most who undergo a thigh lift can resume normal activities after four to six weeks.



### **Important Facts About Thigh Lift Risks and Complications**

Dr. Lee is a board-certified plastic surgeon with decades of experience. But every surgery comes with risk. The possible risks specific to a thigh lift include:

- Unattractive scarring
- Bleeding
- Infection
- Fluid accumulation
- Poor wound healing
- Skin loss
- Blood clots
- Numbness or other changes in skin sensation
- Anesthesia risks
- Skin discoloration and/or swelling
- Fatty tissue found deep in the skin might die (fat necrosis)
- Major wound separation
- Asymmetry
- Pain, which may persist
- Unsatisfactory results such as a highly visible surgical scar location, unacceptable visible deformities, and bunching and rippling in the skin near the suture lines or at the ends of the incisions
- Deep vein thrombosis, cardiac and pulmonary complications
- Recurrent looseness of skin
- Sutures may spontaneously surface through the skin, become visible or produce irritation and require removal
- Possibility of revisional surgery
- Seromas (collections of fluid below the skin)
- Delayed healing from small separations in the incision closure in areas of high tension and stretch

Dr. Lee will discuss these risks with you during your consultation. Please be sure to ask him about any questions or concerns that you might have.

### **The Results of Your Thigh Lift**

You will see the results of your thigh lift almost immediately, and you will continue to see improvement for several months until you achieve your final outcome. Most who undergo a thigh lift experience a dramatic improvement in skin appearance and feel. And if you maintain a consistent weight and exercise regularly, those dramatic results will be long-lasting.

The key to a truly successful thigh lift is maintaining an open line of communication with Dr. Lee. He and his team are eager to respond to your questions and can help provide skin care to maintain and enhance your results—they are your partners in achieving the results that you seek.