



Mr Haitham Khashaba MBBCh, MSc, MRCS, EBOPRAS, FRCS(plast)
Consultant Plastic, Reconstructive & Aesthetic Surgeon

Thigh Lift Information Leaflet

1. What is a Thigh lift?

A **medial thigh lift** is a surgical procedure that removes excess skin and fat from the medial (inner) thighs. A medial thigh lift is not a surgical treatment for being overweight. Obese individuals who intend to lose weight should postpone all forms of body contouring surgery until they have reached a stable weight.

This surgery involves excision (surgical removal) of excess skin and fat from the inner thighs and resulting a T-shaped scar (in the inner side of the thigh and groin) or a long transverse scar in the groin in case of a mini-thigh lift.

There are a variety of different techniques used by plastic surgeons for a medial thigh lift. A medial thigh lift can be combined with other forms of body-contouring surgery, including suction-assisted lipectomy (liposuction), or performed at the same time with other elective surgeries. Your surgery may require the transfusion of blood or blood products; however, this varies on a case-by-case basis.

2. What Does the Surgery Involve?

This surgery involves general anaesthetic, then excision of excess skin and fat in the inner thighs this may be combined with liposuction. This will result in either a long transverse scar in the groin or combined with another longitudinal scar in the inner thigh, resulting in a T-shaped scar. You may need to stay one night in hospital. You will have drains coming out from your inner thighs, those may stay for few days after surgery.

3. How Can I Get Ready for My Operation?

Preparing for liposuction surgery is crucial to ensure a successful procedure and smooth recovery. Mr Khashaba will provide detailed preoperative instructions. Generally, it involves avoiding certain medications, quitting smoking, staying hydrated, and following a healthy diet. You may also need to arrange for someone to drive you home after the surgery and assist you during the initial recovery period.

4. What Are the Possible Risks and Complications?

Like any surgical procedure, a thigh lift comes with potential risks and complications, including infection, bleeding, bruising, asymmetry, skin irregularities, deep venous thrombosis (DVT), pulmonary embolism (PE), lymphoedema, seroma (collection of fluid), or haematoma (collection of blood) and adverse reactions to anaesthesia. It's essential to discuss these risks with Mr Khashaba before the operation.

5. How to Minimize Risks and Complications?

While complications cannot be entirely eliminated, you can take steps to minimize risks. Follow your instructions carefully, disclose your complete medical history and any medications you are taking, and adhering to postoperative care guidelines is crucial to minimize risks.

6. What Is the Aftercare for thigh lift?

After the procedure, you will likely need to wear a compression garment to support the treated areas, reduce swelling, and help the skin conform to its new shape. Mr Khashaba will provide detailed aftercare instructions, including wound care, medications, and restrictions on activities. Attend follow-up appointments as advised to monitor your progress.



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7. When Should I Expect the Final Outcome?

The initial results of thigh lift may be visible soon after the procedure, but it's essential to be patient. Swelling and bruising can take several weeks to subside, and the final outcome may take several months to become apparent. The outcome will vary based on individual factors such as your skin quality, age, amount of excess and your body's healing response.

9. How Long Do the Effects of the thigh lift Last?

Thigh lift permanently removes excess skin and fat from the treated areas. However, maintaining the results depends on maintaining a healthy lifestyle. Severe fluctuation of weight after thigh lift can affect your body contour. Stick to a balanced diet and exercise regularly to prolong the effects of a thigh lift.

11. What Should I Do if I Am Not Happy with My Results?

If you are dissatisfied with the results of your thigh lift, discuss your concerns with Mr Khashaba. In some cases, a touch-up procedure may be recommended once the initial recovery is complete. Be open with your surgeon about your expectations and discuss any revisions or adjustments that may be necessary.

12. Are there any alternative options other than thigh lift?

Other alternatives to thigh lift including exercise, weight loss, dieting and some other forms of non-invasive lipo-modelling like fat freezing, or Renuvion®. If you wish to explore these options, Mr Khashaba can refer you or direct you to the appropriate facilities, as he does not provide such alternatives. Remember, a thigh lift is a personal decision, and results can vary from person to person. It's crucial to have realistic expectations and communicate openly with your surgeon throughout the process. Always seek guidance from a qualified surgeon to determine if a thigh lift is the right option for you.

Understanding Risks and Complications associated with Liposuction

Medial Thigh lift is generally considered safe when performed by a skilled and experienced surgeon. However, like any surgical procedure, it carries certain risks and complications. Here are some common and rare risks and complications associated with medial thigh lift, along with their descriptions and possible management:

Common Risks and Complications:

1. **Swelling and Bruising:** Swelling and bruising are common after medial thigh lift and are part of the normal healing process. They usually resolve on their own within a few weeks.
2. **Pain and Discomfort:** Mild to moderate pain and discomfort are typical after the procedure. You may require over the counter pain medications (e.g., Paracetamol, Ibuprofen) to manage this discomfort during the initial recovery phase.
3. **Infection:** Although rare, infections can occur at the incision sites. Mr Khashaba minimize this risk by using sterile techniques during the procedure and prescribing antibiotics when necessary.



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4. Hematoma: A hematoma is a collection of blood under the skin, which can occur if blood vessels are damaged during surgery. Small haematomas are self-limiting and require minimal to no intervention as your own body may absorb the excess blood, however some haematomas may require drainage or aspiration to facilitate healing. Rarely, haematomas are large enough that require return to theatres to evacuate them.

5. Seroma: Seromas are fluid accumulations under the skin, and they can occur after surgery. Mr Khashaba may drain seromas if they persist or cause discomfort. Rarely, seroma may require return to theatres to surgical drain and remove them.

6. Skin Irregularities: Thigh lift can sometimes lead to uneven skin surfaces or contour irregularities. Mr Khashaba may address these issues with additional treatments or procedures, such as fat grafting or skin tightening.

7. Numbness or Altered Sensation: Temporary or permanent numbness or altered sensation in the thighs is common but usually resolves over time as nerves heal.

8. Neuroma: as nerves heal after surgery, especially around scars, they can form a tuft of nerves that can cause pain, discomfort, tingling sensation or sensation of electric shock. This can improve by regular moisturisation and massages using moisturizers to sensitise the area, however if it persists, it may require surgical removal.

8. Allergic Reactions: Rarely, patients may experience allergic reactions to anaesthesia or medications used during the procedure. Mr Khashaba will carefully review your medical history and allergies to minimize this risk. It is important to disclose your medical, surgical and medication history to your anaesthetist.

Rare Risks and Complications:

1. Deep Venous Thrombosis / Pulmonary Embolism: This is a clot developing in the leg veins or in the lung. This is a very rare but serious complication that may require immediate medical attention and may be **fatal**.

2. Lymphoedema: In rare cases, the lymphatic supply to the lower limb is disrupted after surgery, this may result in the accumulation of fluids in the lower limb, resulting in a swollen thigh and/ or leg. This swelling can be a range from just a mild discomfort to a debilitating swelling of the limb, or anything in between. This is difficult to treat, and treatment is generally conservative including massages and compressive stockings. Unfortunately, this condition is not predictable.

3. Excessive Blood Loss: Significant blood loss during thigh lift is rare, but Mr Khashaba will monitor you closely during the procedure to ensure safety, and if you do develop excessive blood loss, you may require blood transfusion.

4. Anaesthesia-related Complications: Anaesthesia carries its own set of risks, which may include allergic reactions, breathing difficulties, or adverse reactions. An anaesthesiologist will carefully assess your health status before administering anaesthesia.



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Minimizing and Treating Complications:

To minimize risks and complications during and after medial thigh lift, your surgeon will follow specific protocols:

- Thorough Patient Evaluation: Mr Khashaba will conduct comprehensive preoperative evaluations, considering your medical history, current health status, and any pre-existing conditions or allergies.
- Appropriate Surgical Technique: Choosing the most suitable thigh lift technique for your needs helps reduce the risk of complications.
- Experienced Surgeons: Mr Khashaba is an experienced and certified plastic surgeon who poses a high level of expertise and skill.
- Sterile Techniques: Mr Khashaba adheres to strict sterile practices to reduce the risk of infections.
- Proper Postoperative Care: you will receive detailed postoperative care instructions, including wound care, compression garment usage, and activity restrictions, to promote proper healing.
- Monitoring and Follow-up: Mr Khashaba will closely monitor you during the initial recovery phase and schedule follow-up appointments to assess your progress and address any concerns.

If complications do arise, prompt recognition and management are vital. Mr Khashaba will address issues like infections with appropriate antibiotics, drain fluid collections like hematomas and seromas if necessary, and provide adequate pain management and support during the healing process.

Overall, the risks and complications associated with medial thigh lift are relatively low when performed by an experienced surgeon in suitable candidates. Open communication with Mr Khashaba, adherence to pre- and postoperative instructions, and realistic expectations can contribute to a successful thigh lift outcome.

I, _____, hereby certify the following:

- 1- I have read through the entire patient information leaflet and risks and complications regarding thigh lift.
- 2- I asked questions regarding the procedure.
- 3- I have understood the benefits, alternatives, risks, and complications of thigh lift.
- 4- Mr Khashaba has explained thoroughly every point and has given me ample time to think and ask questions.
- 5- Mr Khashaba has checked my understanding and answered all my queries.

Name:

Date of Birth:

Signature:

Date:

Name:

Signature:

Date: