

GENERAL INFORMATION

A medial (inner) thigh lift is a surgical procedure to remove excess skin and fatty tissue from the medial 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.

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 products; however, this varies on a case-by-case basis.

ALTERNATIVE TREATMENTS

A medial thigh lift is an elective surgical operation. Alternative forms of management consist of not treating the areas of loose skin and fatty deposits with surgery. Suction-assisted lipectomy (liposuction) may be a surgical alternative to a medial thigh lift if there is good skin tone and localized fatty deposits in an individual of normal weight. Diet and exercise regimens may be of benefit in the overall reduction of excess body fat and contour improvement. Risks and potential complications are also associated with alternative surgical forms of treatment.

SPECIFIC RISKS OF MEDIAL (INNER) THIGH LIFT SURGERY

Change in Sensation:

It is common to experience diminished (or loss of) skin sensation in areas that have had surgery. It is rare to experience permanent changes in sensation, but is possible. Diminished (or complete loss of) skin sensation may not totally resolve after surgery. There is a very small risk of motor nerve injury, which may result in impairment of lower extremity function.

Sensation of Thigh Tightness:

After lifting the thigh skin, there can be a sensation of the thigh skin being tight. Usually this feeling subsides over time. Additional surgery may be required to correct this problem.

Pubic Region Distortion:

It is possible, though unusual, for women to develop distortion of their labia or pubic area. Should this occur, additional treatment, including surgery, may be necessary. There may be difficulty with sexual intercourse or changes to the urinary stream/defecation after this procedure as well.

Re-Loosening of Skin:

Almost all patients who have this procedure will notice re-loosening of the skin over time. This occurs due to the body's inherent response to stretch. Patients who have lost massive amounts of weight are prone to this phenomenon. No matter how tight the surgeon makes your skin at the time of surgery, it will loosen with time to a certain degree. Everyone loosens to a different degree.

Skin Contour Irregularities:

Contour and shape irregularities may occur. Visible and palpable wrinkling of the skin may occur. Residual skin irregularities at the end of the incisions or "dog ears" are always a possibility when there is excessive redundant skin. This may improve with time, or it can be surgically corrected.

Skin Discoloration/Swelling:

Bruising and swelling normally occur following surgery. The skin in or near the surgical site can appear either lighter or darker than surrounding skin. Although uncommon, swelling (leg and/or feet) and skin discoloration may persist for a long period of time and, in rare situations, may be permanent.

Asymmetry:

Symmetrical body appearance may not result after surgery. Factors such as skin tone, fatty deposits, skeletal prominence, and muscle tone may contribute to normal asymmetry in body features. Most patients have differences between the right and left side of their bodies before any surgery is performed. Additional surgery may be necessary to attempt to diminish asymmetry.