

BODY LIFT

Body lift refers to basically a circumferential excision of the skin (and fat) from front to back around basically the belt distribution on someone. It can also refer to other body procedures like a thigh lift which is often combined with a body lift, and that could either be the medial (inner) thigh or the outer thigh.

Body lifts are often performed on patients who have lost significant weight rapidly, as in massive weight loss patients. In this patient population because the weight loss is so rapid, the elastic properties of the tissues (skin) do not rebound, and they are left with significant laxity that cannot be corrected with exercise or dieting.

In fact, losing more weight might make it (skin laxity) worse, making the only efficient treatment skin resection. (Excess skin and fat) is removed generally anywhere there is laxity; that could be anywhere from the arm, which is called a brachioplasty, and that is a different topic we will talk about, or the thigh or again the back and abdomen, which are the common areas for body lifting.

Thigh lift can either be the outer thigh or the inner thigh. The outer thigh lift will tighten skin obviously on the outer portion of the thigh, and is often combined with the body lift generally to tighten the flank and the lower back and perhaps even the abdomen.

The medial thigh comes in two flavors, one is a crescent thigh lift and the other is a vertical thigh lift. The crescent thigh lift involves an incision in a crescent shape right in the fold of the groin, so the incisional scar is generally very well hidden. That is very useful approach to men and women who have mild-to-moderate laxity of the skin; however, if there is significant laxity in the inner thigh, a crescent lift would not be able to create enough pull to get the tissues from the middle of the thigh up (and tightened), and will need to extend the incision down in the inner thigh which could be visible with legs open. That is the disadvantage to the thigh lift when that component is added, but it is often necessary (to adequately address significant skin excess).

With the body lift and thigh lift, recovery could be few weeks. For one, it depends on how many procedures we are combining, often when there is skin laxity in one area you get skin laxity in multiple areas, and thus, usually more than one procedure is being combined during that kind of operation.

This is a “surface operation” not near any major muscles or nerves and vessels. So, the recovery could be pretty short and I will tell patients to take it easy for a few weeks and probably not to hit the gym for at least four weeks, but the recovery is probably a little longer if we add the abdominoplasty and tighten the muscles (rectus diastasis repair in a tummy tuck).

Body lifts will address the belly, or the flank, or the thighs, and, it will powerfully sculpt the body and restore what most will consider a “normal” body appearance.

When there is such skin laxity that appears to be hanging from legs, this is a kind of procedure that can transform a person because the results are so drastic and is remarkable that how much these patients appreciate their new body after loosening all of that way. It is very powerful operation.

TAKE HOME POINT: Body lift is a 360 degree surgery that addresses skin laxity of abdomen, lower back, flanks, butt, and other thighs.