

Dr Sanjay Azad
Consultant Plastic Surgeon

Thigh Reduction

Thigh reduction surgery removes excess skin and fat from the inside and front of the upper thigh to produce a firmer, more youthful contour.

About thigh reduction

Losing a substantial amount of weight, excessive sun damage or simply growing older, can cause the skin on the inner part of the thighs to become loose and even wrinkled. Unfortunately, no amount of skin treatment can improve this problem. The only way to re-establish a smoother, more attractive line is with thigh reduction surgery.

In thigh reduction surgery, excess wrinkled skin, as well as fat are removed from the upper thigh and inner thigh to firm and tighten the area. The procedure leaves a scar that begins in the groin area, runs across the inside of the thigh and then under the crease of the buttock. In cases where there is significant excess loose skin on the inner aspect of the thigh going almost to the level of the knee, additional surgery must be done to contour the area properly. This results a vertical scar on the inside of the thigh.

Your consultation

During your consultation Dr Sanjay Azad will ask about your general medical history and discuss your goals for the procedure, including how much change you are seeking and how much scarring you consider acceptable.

- As with any other surgery, the extent of the problem and amount of correction you would like will determine how much skin is removed and how extensive you can expect the scarring to be.
- Postoperative scars on the body are always more visible than those on the face. However scars in the groin area can be reasonably well hidden under an average bathing suit and removing excess skin does improve the appearance of the thigh.

Your operation: what to expect

Thigh reduction is usually done under general anaesthesia. It may be performed as a day case or you may spend a night in hospital after your procedure. As part of your operation, the surgeon may perform liposuction on the inner part of the thigh to reduce volume and mobilize the skin.

An incision is made in the groin crease or the groin crease and inner thigh, the upper part of the skin is undermined and the excess skin is trimmed. Suspension sutures are then used to attach the skin to the groin area and the wounds are closed either with or without drains. The incisions are covered with dressings and a compression garment may be used.

After your surgery

Thigh reduction surgery is not usually associated with a significant amount of pain. However, painkillers should be used regularly during the first week to make wound care

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more comfortable and help you begin gentle activity.

During your recovery there are several things you should know:

- After this kind of surgery it is especially important to take proper care of your wound to reduce the possibility of infection. Although oral antibiotics will be prescribed, you will need to use an antiseptic wash on the wound area whenever you use the toilet. Once the area has been washed, a light dressing should be reapplied to the area and held in place by a compression garment or support hose.
- You will need to avoid exercise for the first month after surgery to avoid irritating the wounds in your groin crease. You should be able to resume normal activities, including exercise, gradually after the first month.
- If you work in an office you should be able to return to your job in about a week to 10 days.
- You will have four or five office visits after surgery to monitor your progress. In most instances, the scars settled as relatively fine lines, but on occasion they may require treatment if there is a tendency for the scars to build up thickness.

Risks related to thigh lift surgery

Like any other type of surgery, thigh lift carries some risks. Fortunately, they are relatively rare, however they require cooperation from the patient in monitoring the wounds and local hygiene. The general anaesthetic carries risks onto its own, which are relatively low in view of the surgical time, which tends to be between one and 2-3 hours. Bleeding, which is most often manifested as bruising, will only delay rather than alter at the end result. Infection is a risk in approximately 2% to 3% of cases, and can lead to part of the wounds breaking open. In most of these instances, conservative treatment with dressings allows the wound to settle down. Sometimes there may be a need for a scar revision four to six months later. Deep vein thrombosis and venous thromboembolism are also risks with this type of surgery. In addition to the measures taken during your operation it is very important to be up and about and mobilising gently very soon after your operation. Fortunately, the surgery is not disabling and will allow most patients to mobilise within hours of the operation.

Thigh lift is sometimes performed as part of more extensive body contouring programmes like body lift or abdominoplasty in patients who have experienced significant weight loss.

Our services and what to expect

- On your first visit to the office of Dr Sanjay Azad, Consultant Plastic Surgeon you will be received by his staff. You will be asked to fill up a questionnaire relating to your general health and procedures desired. Thereafter you will be seen, by Dr Sanjay Azad.
- Together, you'll explore the possibilities and discuss the results you can expect.
- Careful discussion and practical demonstrating will be used to show you how you might look after your procedure and every aspect of your treatment, from

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evaluation through surgery to post surgical care, will be carefully explained.

Dr Sanjay Azad MS FRCSEd FRCSEd (Plastic Surgery)

- Mr. Sanjay Azad trained and worked in the UK for 15 years after graduating from India.
- In the UK he worked in several centres as part of his 6 year residency programme and was awarded the Royal College of Surgeons of Edinburgh fellowship in General and Plastic Surgery.
- He did advanced Breast Reconstructive Fellowship training in Manchester, UK and also Aesthetic Training in Manchester and Liverpool.
- He took up the post of Consultant Plastic Surgeon at the tertiary care Queen Elizabeth Hospital in Birmingham, UK in 2007. He played a major role in breast reconstructive surgery, skin cancer and postbariatric surgery programme at that institution.
- He is now a Consultant Plastic Surgeon at Thunder Bay Regional Health Science Centre.
- He offers the full range of cosmetic procedures relating to the Face, Breast and Body at Thunder Bay.

More Information

- Naturally, there will be many questions you will want to ask before making any decisions about undergoing surgery. Also you will wish to meet your Surgeon - having trust and confidence in one's Surgeon is very important.
- Surgery is unique to every patient and a detailed discussion and assessment between you and your Consulting Surgeon is essential in enabling you to make a decision based on correct personal information and advice.
- Arranging a medical consultation does not obligate you to anything other than attending the appointment. There is no obligation to proceed with treatment. This is entirely a matter for your decision, after the surgeon has decided on the feasibility and accepted you as suitable.
- If you would like to know more information we will be happy to answer any queries either by email, letter or telephone, so please do not hesitate to get in touch.

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