

General Information About Body Lifts

Before we head into technical territory of what a body lift entails, it is to be noted that this procedure is highly personalized and will require a combination of different techniques. It may include a tummy tuck, outer thigh lift, inner thigh lift and buttocks lift. These procedures generally target the following areas in one surgery:

- Sagging of the abdomen
- Buttocks
- Waist
- Hips and outer thighs

In the abdominal area, the surgery can improve loose skin locally or extending around to the sides and lower back. Surgery can also improve a groin that may sag into the inner thigh area, as well as buttocks which appear low or sagging, flat, or unevenly shaped. The inner, outer or rear thigh may be improved or the whole thigh may be improved circumferentially.

Patients should be aware that the incision for the body lift can be a significant one as it is most often a circumferential incision around the body at the belt line. Patients requiring less correction may be candidates for a less extensive procedure with a smaller incision. Working through the incision, the excess skin and fat is then removed and the tissues are repositioned and tightened.

How Do I Begin?

The first step in the body lift process is setting up a personal consultation with Dr. Stevens. Due to the individuality this procedure entails, your appointment with the doctor will be essential.

During your consultation, Dr. Stevens will discuss your specific cosmetic goals and assess your physical and emotional health. He will detail the various options for the body lift as well as the likely outcomes of surgery. Potential risks, complications and your health history will also be discussed at this time and any questions that you may have will be addressed.

Based upon your individual case, Dr. Stevens will develop and recommend a specific course of treatment for you.

Health Considerations

It's very important to fully disclose your current and past health conditions and history. This information should include any previous surgeries you have had, any medical conditions you have such as diabetes or high blood pressure, and all medications, vitamins, herbal supplements, nutritional supplements, alcohol, tobacco, and drugs that you are taking.

The potential risks associated with the body lift may include asymmetry, bleeding, excessive scarring, infection, numbness and poor wound healing.

Other Procedures to Consider

While the body lift will help your body to become firmer, it is not intended strictly for the removal of excess fat. You may want to consider pairing this procedure with liposuction to help achieve the look you want. Other recommendations include breast augmentation, breast lift, facelift, back lift and brachioplasty (arm lift). Make sure to ask Dr. Stevens for recommendations if you are considering doing more than one procedure.

GLOSSARY OF TERMS

- **Body Lift:** A surgical procedure that removes excess sagging fat and skin to improve the tone and shape of the body.
- **Incision:** A cut made to the body during surgery
- **Asymmetry:** Disproportion between two or more like parts; lack of symmetry.
- **Liposuction:** Removes deposit of excess fat from specific areas that may include the body, face, or neck.
- **Drains:** To remove excess fluid buildup during recovery.
- **New Contours:** The new shape of an area of the body after plastic surgery
- **Compression Garment:** Garments designed to help speed up the recovery process of plastic surgeries.