

Liposuction (Both Thighs)

What is Liposuction of the thighs?

Liposuction of the thighs removes deposits of excess fat from the inner and outer thighs with specialized surgical suctioning equipment.

How is it done?

Treatment time will vary depending on the size of the area and the amount of fat being removed. Liposuction may be performed under a local anesthesia which numbs the affected areas, usually combined with intravenous sedation. For more extensive procedures, a general anesthesia may be used. During the procedure the surgeon will insert a narrow tube called a cannula through a tiny incision, typically near the buttock crease. The cannula is pushed and pulled through the fat layer breaking up the fat cells and suctioning them out. Surgeons may use a "dry" technique, a "tumescent" technique (that introduces large amounts of fluid to the area being worked on). After surgery, you will be required to wear pressure bandages on your thighs to reduce swelling.

Why is it done?

Liposuction of the thighs gives added contour and definition to the thighs and buttocks. The procedure may also be part of an operation to treat lipomas (benign, non-cancerous tumors of fat).

Risks & complications

Complications specific to liposuction are infrequent and usually minor. However, as with any surgery, there are risks, including the possibility of:

- Bleeding under the skin (hematoma) after the surgery
- Lumpy red scars
- Infection requiring antibiotics and in some cases hospitalization
- Irregularities in skin contour
- Permanent changes to the color of the skin, and some loss of normal feeling in those areas
- Pulmonary edema
- Allergic reaction in some patients to fluid used in tumescent liposuction
- Reaction to the anesthesia

There may be significant bruising and swelling after surgery which may take several months to settle completely. Risks can be reduced by following the surgeon's instructions before and after surgery.

Alternatives

The surgeon may discuss alternative approaches to the liposuction procedure, for example the "wet" or "ultrasound" approaches mentioned above. However, the main alternative to liposuction is simply to leave the fat deposits as they are. Diet and exercise regimens may be of benefit in the overall reduction of excess body fat. Direct removal of excess skin may be needed in addition to liposuction treatment in some patients. [Lower Body Lift or Inner Thigh Lift]

Candidate eligibility

The best candidates for liposuction are individuals of relatively normal weight who have excess fat in particular areas. Having firm, elastic skin will result in a better final result. The surgeon will make the final determination of eligibility for the procedure after an examination and consultation with the patient. Patients with bleeding disorders or underlying severe medical problems may not be eligible for liposuction sur

Your Consultation

Your physician consultation is very important, because it is the moment when you can discuss your medical issues face-to-face with your doctor. If you are traveling from overseas, this will be the first time you meet with your doctor so it critical that he/she understands:

- Your medical needs
- Your expectations
- Your medical history

Most people have a good idea of what the procedure or outcome they want ("I want smaller breasts"), and the physician's responsibility is to listen and then explain what can be done, the procedures or techniques to achieve your objectives, and the risks and costs involved.

You will have a lot of questions to ask, so preparation is key to make the most of your consultation. We suggest that you:

- Write your questions down to make sure you remember them
- Come with your medical history/survey already completed
- Bring any photos or visuals aids that will help explain what it is you want or expect from treatment

Please note that this information should be used only as a guide to your treatment. All specifics will be discussed with your Physician at your consultation.