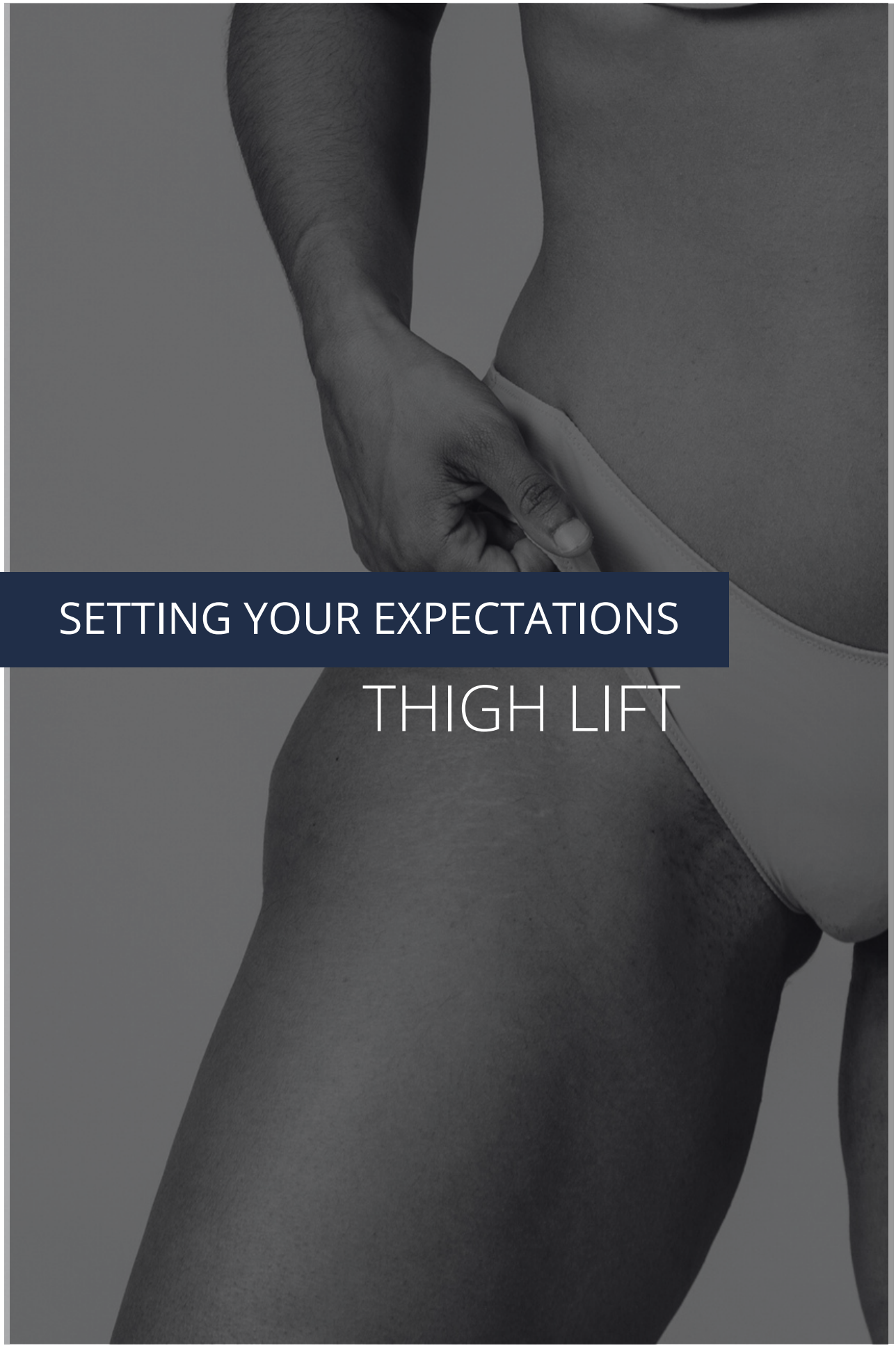

SETTING YOUR EXPECTATIONS

THIGH LIFT

CosMediTour

WELCOME

Welcome to CosMediTour, Australia's leading Plastic Surgery Group. We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that your expectations and assumptions around your procedure are realistic.

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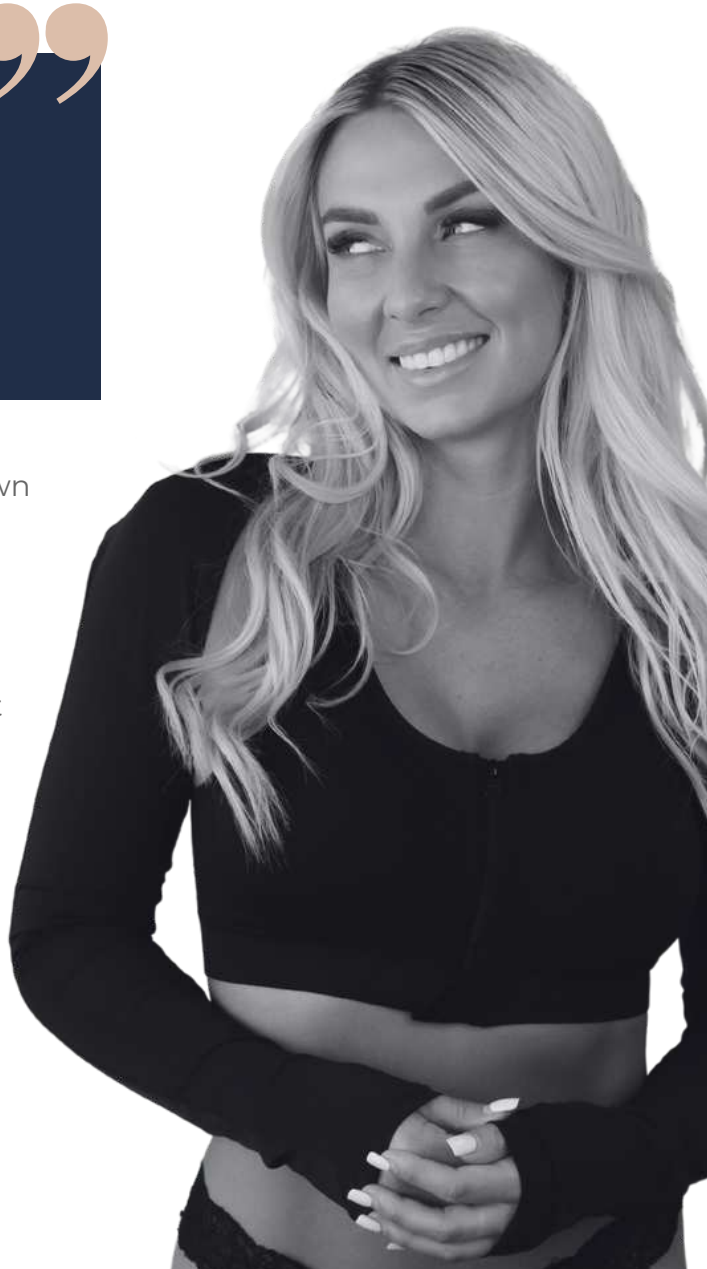
We've prepared this Guide to help inform your own Expectation setting process, particularly around scarring, your results, recovery and risks. We do hope you it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.



Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

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INTRODUCTION

The expectations, assumptions and beliefs you form ahead of your procedure are important for a number of reasons.

Often subconsciously, your expectations:

- Guide your decision making.
- Help you to be emotionally prepared ahead of your procedure and during recovery.
- Provide a foundation for Surgeon-Patient communication and trust.
- Become a benchmark to measure your satisfaction after the procedure.
- Help you to more effectively manage your recovery.
- Help you to understand and assess your own exposure to risk.

While expectations can be beneficial, pursuing *unrealistic* expectations may result in:

- Disappointment with your results
- Emotional distress
- Surgical complications if your Surgeon's advice is disregarded.
- Strained Surgeon-Patient relationship.
- Significant financial outlay for surgery that won't meet your expectations

Your CosMediTour Plastic Surgeon will discuss your motivations and expectations in detail with you. To get the most from your consults, it is important that you are open and honest with your Surgeon and always trust their experience.

> The clients most satisfied with their results typically have three things in common. They're open and honest with their Surgeon; are realistic about their results; and they trust their Surgeon's expertise.

> Thigh lift motivations vary, often chosen to address excess skin and fat in the upper thigh, offering a smoother contour and added benefits like reduced chaffing and improved mobility.

The ability to step confidently into any situation life throws at you should not be overlooked. A Thigh Lift can renew a client's stride—the procedure works to reduce excess skin and fat from the upper thigh area, resulting in a smoother, more sculpted contour.

In addition, a Thigh Lift can:

- ☑ Reduce chaffing
- ☑ Prevent infections related to rubbing
- ☑ Minimise thigh 'dimples'
- ☑ Aid in improved mobility

The procedure is not limited by gender—Thigh Lifts are commonly performed on both men and women, particularly those who have experienced significant weight loss.

To ensure long-lasting results, it's recommended that clients maintain a stable weight for at least 6 months prior to surgery.

PLANNING YOUR PROCEDURE

Your body is unique. To make sure your Thigh Lift procedure suits it specifically, and targets all the right areas, there are a range of considerations surgeons keep in mind.

Types of Thigh Lift include:

- Standard Thigh Lift
- Extended Thigh Lift
- Liposuction Add On

STANDARD THIGH LIFT

The Standard Thigh Lift is an excellent option for individuals who experience mild to moderate skin sagging in the upper-inner part of the thighs. Incisions are made in the upper-inner part of the thigh and in the groin crease, where the thigh meets the pubic area. This incision typically extends halfway around the thigh and may be slightly shorter at the medial line. This approach results in a smoother and more toned appearance of the upper thigh.

EXTENDED THIGH LIFT

An Extended Thigh Lift may be recommended for cases where excess thigh tissue extends beyond the standard treatment area. This involves a more extensive incision, typically along the groin crease and extends around the inner knee and along the medial line. The Plastic Surgeon decides whether to proceed with an Extended Thigh Lift after evaluating each case individually. They consider the specific amount of excess skin that needs to be removed to achieve the desired outcome.

There are limitations with any surgical procedure, including Thigh Lifts. Understanding these limitations should be your first consideration in setting realistic expectations ahead of your procedure.

BE REALISTIC ABOUT YOUR RESULTS

INDIVIDUAL RESULTS VARY

Being at your goal weight before surgery is crucial. It allows your Surgeon to remove the maximum amount of excess skin, resulting in an overall better outcome.

While Thigh Lift surgery can successfully target excess skin and fat in the thigh area, it's essential for clients to understand that it is not a substitute for weight loss or muscle toning. Expect improvements in thigh contour and appearance, but bear in mind that the surgery won't halt the natural aging process or completely prevent future sagging.

Outcome variability is influenced by factors such as skin elasticity, the amount of excess skin, and individual healing processes. Scarring is an inherent part of the surgical process, and while efforts are made to minimise visibility, some degree of scarring should be anticipated.

Patience is crucial, as full results take time to manifest due to post-surgical healing and swelling reduction. Open communication with your Plastic Surgeon, setting realistic goals, and maintaining a commitment to a healthy lifestyle are key components for a positive and satisfying outcome.

> Our experienced Surgeons will ensure that together, you choose the right treatment plan to meet your surgical goals.

RESULTS ARE NEVER GUARANTEED & RESULTS VARY

Understand that results are never guaranteed and the outcomes for one patient may not necessarily reflect your results.

Every body type is different and therefore every body can expect a different result from their surgery.

To minimise the risk of disappointment, be sure to ONLY research results for:

- ☑ Those with a similar body type as you
- ☑ Those who have had the same procedure.

DO YOUR RESEARCH

Compiling photos, particularly Before & Afters, helps our clients to clearly communicate their desires to their Surgeon.

While compelling, please make sure you're not drawing your inspiration from edited sources.

Opt instead for credible sources; including Before and After images from CosMediTour or your Plastic Surgeon. Unlike the heavily edited images you may find on your socials, these are an accurate depiction of real-client results.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

MAINTAIN AN OPEN MIND

While you will have done your own research, it's important to approach your consults with an open mind and be prepared to shift your expectations in light of the tailored advice from your surgeon.

A DIFFERENT APPROACH MAY BE SUGGESTED

Your Surgeon may suggest a different approach for your procedure than you were expecting. This could be due to the amount of excess skin, amount of excess fat, degree of muscle separation or any abdominal abnormalities.

We understand that in some cases, this may be disappointing. However, please seriously consider your Surgeons advice as these adjustments will ensure you achieve a safe, superior and long lasting result.

TRUST YOUR SURGEON'S KNOWLEDGE & EXPERTISE

Trust the experience of your Surgeon - they've not only had over 12 years of specialist Plastic Surgery training, but also years of experience in performing your procedure.

Rest assured. They want the best possible outcome from your surgery, which of course includes ensuring your safety.

> Importantly, if your Treatment Plan is adjusted, then your Surgical Quote will also need to be adjusted.

EXPECT SOME SCARRING

Your highly skilled Plastic Surgeon will do everything possible to minimise scarring. However, no matter how skilled your Surgeon is, you should expect a level of scarring after your surgery.

SURGICAL INCISIONS

Scarring from Thigh Lift incisions look like raised lines on your skin. In most cases, these lines can be concealed in the groin crease and along the inner thigh.

In cases of extreme excess tissue, your Plastic Surgeon may opt for an extended incision, that runs from the groin and down the inner to the knee.

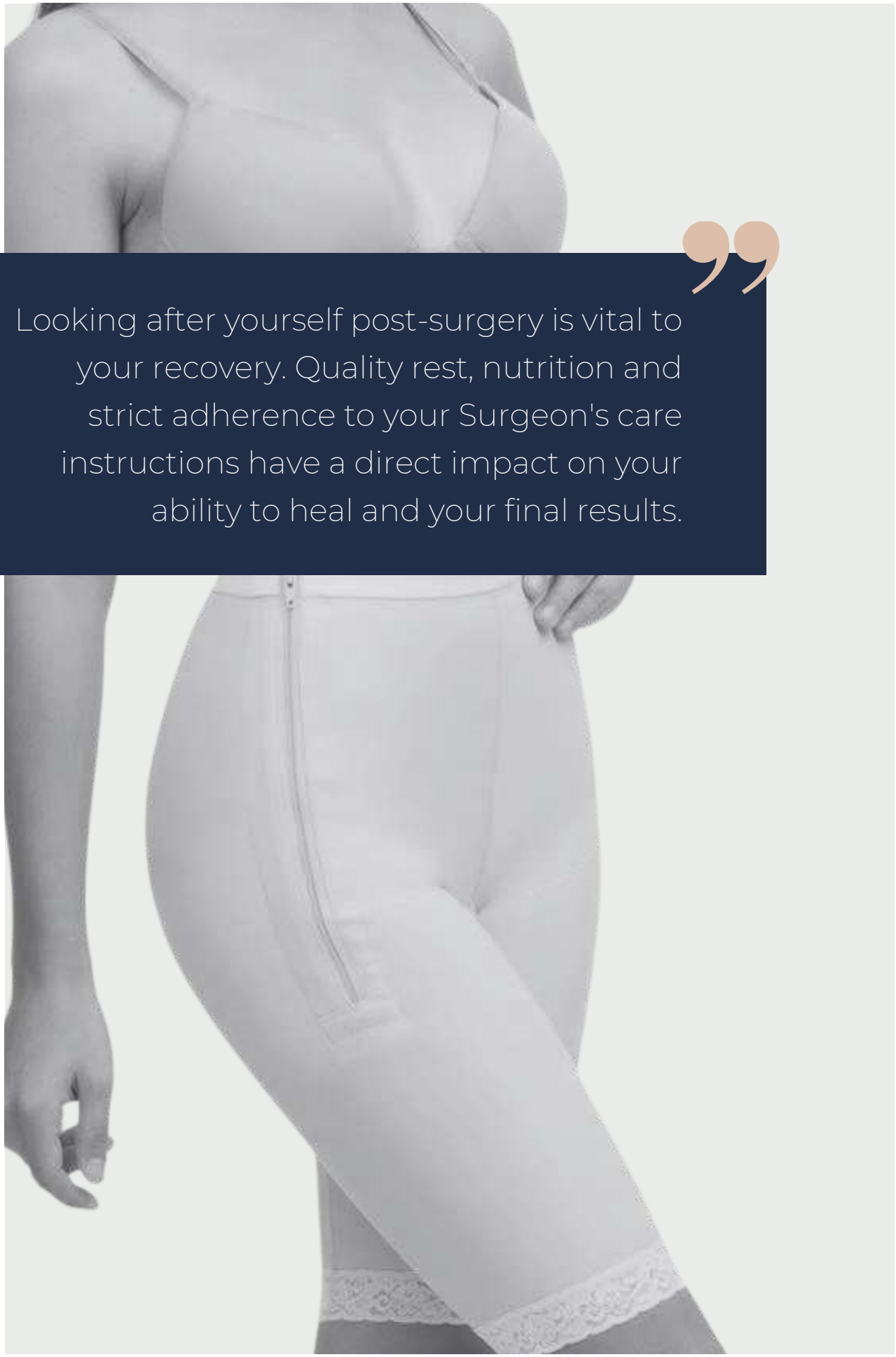
Your Plastic Surgeon will advise on the techniques and incisions needed to perform your Thigh Lift. They will also provide advice on how you can further reduce the appearance of your scars with post-surgery care.

PATIENCE IS KEY

Scarring is a natural part of the healing process and all clients will have visible scarring, to some extent after their procedure. Everyone's scar management journeys are different and we encourage you to be prepared for this.

Due to the length of the Thigh Lift incision and its position on a very mobile part of the body, scarring tends to be more severe than other procedures. Generally, your scars will always be visible after surgery to some degree, and quite possibly be very evident.

Keloid or hypertrophic scarring is very common for this procedure, so it's important to prepare for further scar treatment with a dermatologist post-surgery. E.g. Steroid Injections or laser.



Looking after yourself post-surgery is vital to your recovery. Quality rest, nutrition and strict adherence to your Surgeon's care instructions have a direct impact on your ability to heal and your final results.

RECOVERY TAKES TIME

Recovery periods vary from person to person; however, we advise clients to allow 4 - 6 weeks for post-surgery recovery. During this time, it's important to trust the process and closely follow the tailored advice provided by your Surgeon. CLICK HERE for more information on Thigh Lift Recovery.

We're here to support you. If you'd like to discuss your Recovery, or if you have any concerns, please reach out to your Client Manager.

HOSPITAL STAY | Half Day - Overnight

In Australia, Thigh Lifts are typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 to 3 hours after they wake. Clients undergoing the procedure in Thailand are required to stay overnight.

REST TIME | 2 - 3 Weeks

Thigh Lift incisions are made in the upper leg and groin areas. This means that sitting for extended periods of time can be uncomfortable. Clients can commence walking in the first few days after surgery, but typically take 2 to 3 weeks to resume normal activities.
To aid recovery:

- ☑ Use ice packs & pain medication to manage pain.
- ☑ Gently elevate legs with a pillow while resting to reduce swelling.
- ☑ No driving, work or exercise for 2 - 3 weeks.
- ☑ Avoid heavy lifting, strenuous exercise & swimming for at least 6 weeks.

RECOVERY TIME | 10 Weeks

To ensure optimal healing, post-surgery support garments must be worn for 6 weeks.

SETTLING PERIOD | 3 - 6 Months

Swelling and scars will begin to fade after 3 months.

KNOW THE RISKS

It's important to be aware that all surgical procedures carry risks. Understanding these risks and taking precautions to minimise them will be key to your recovery.

CLICK HERE for more information on Surgical Risks & important ways you can minimise your own risk.

UNDERSTANDING THE RISKS

Despite choosing a skilled Plastic Surgeon, receiving care in a premium hospital, and following recovery protocols, complications and risks can still occur. What's more, just like recovery timeframes, risk varies from person-to-person.

Prior to providing surgical consent, your Plastic Surgeon will thoroughly assess and explain your exposure to risk and discuss your individual recovery.

For further advice or clarification on surgical risk and your recovery, please consult your Plastic Surgeon, GP or other appropriately qualified health practitioner.

MINIMISE YOUR OWN RISK

- ☑ Closely read all documentation from your Surgeon/CosMediTour.
- ☑ Precisely follow all advice from CosMediTour and your Surgeon.
- ☑ Disclose your full medical history, medications, vitamins, supplements and smoker status.
- ☑ Be in great physical health prior to surgery.
- ☑ Ensure you have realistic goals.
- ☑ Prepare questions for your surgeon before surgery to cover all concerns during consultations.
- ☑ Ensure proper wound care
- ☑ Wear post-surgery support garments as instructed
- ☑ Avoid activities that may hinder your recovery, including smoking, alcohol, exercise etc. READ MORE

Your safety is our top priority and failure to follow the above may result in your surgery being postponed or even cancelled.

WE'RE WITH YOU ALL THE WAY

We're here to help you feel confident, safe and supported throughout your journey.

If you have any questions or concerns about your procedure or your recovery, please connect with your Client Manager.

Phone us on 1300 000 633

Send us an online enquiry

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.