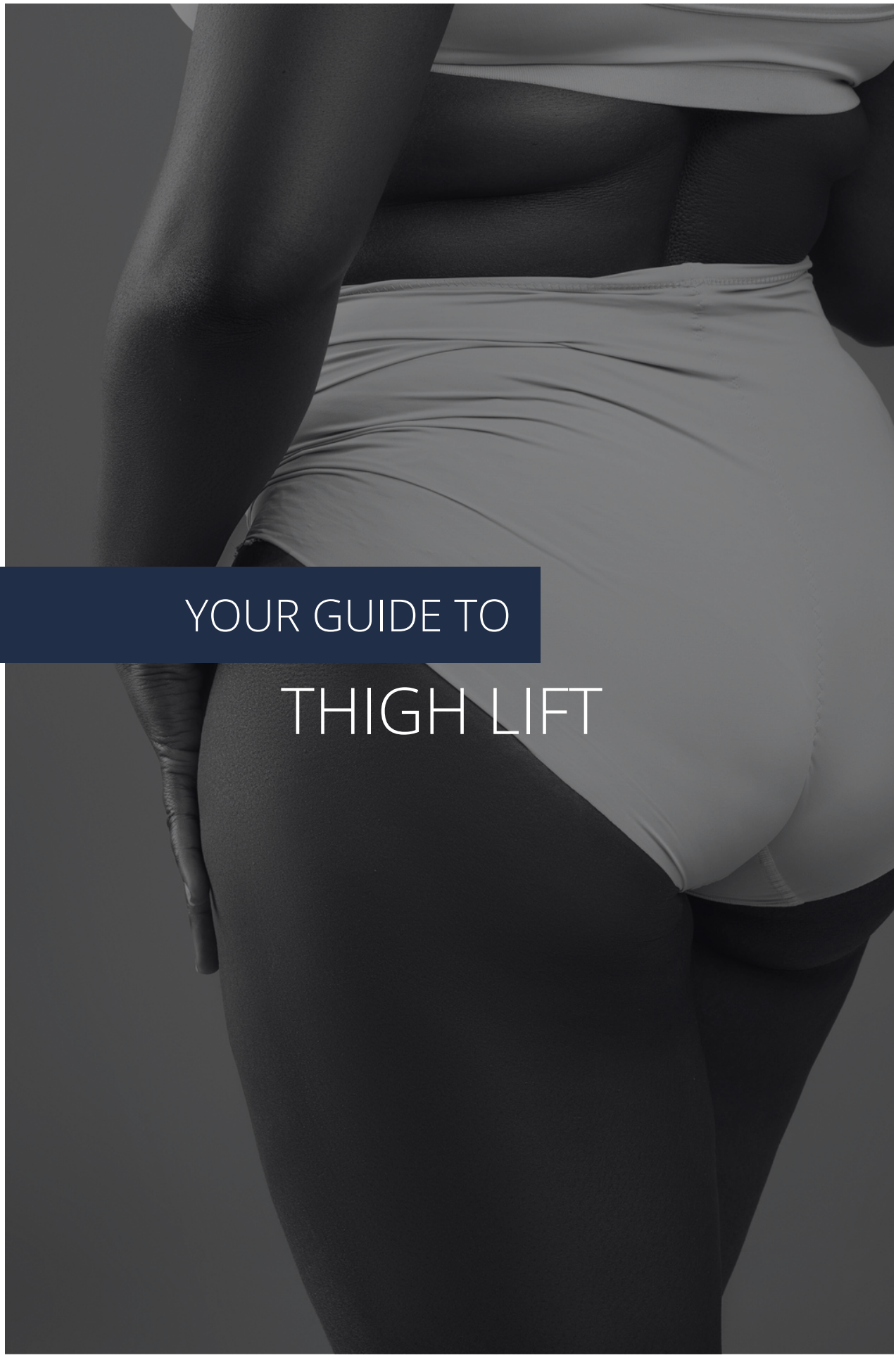

YOUR GUIDE TO

# THIGH LIFT

CosMediTour

# WELCOME

Welcome to CosMediTour, Australasia's leading Plastic Surgery group. Since 2009, we've helped countless clients find the beauty of self-confidence. We partner with the finest Plastic Surgeons, renowned for delivering a premium standard of care & exceptional results, so you can rest assured that you're in expert hands with us.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

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

We do hope you find this guide useful in planning your procedure.

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

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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# INTRODUCTION

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.

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

VIEW GALLERY

# THE PROCEDURE

## WHAT TO EXPECT BEFORE YOUR PROCEDURE

### ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

### SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.

### YOUR SURGERY | 2 hours

Thigh Lift surgery takes between 2 hours. During which time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

## WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 10 weeks for post-surgery recovery.

### 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.
- ☑ 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.

There are a range of considerations to keep in mind when preparing for an Thigh Lift. Your body is unique, so it's only right that your procedure is too.

# 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.

# POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Thigh Lift, there are potential risks to consider with all forms of surgery.

Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

## RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, allergic reactions to medical materials)
- Heart attack/pulmonary embolism/stroke
- Haematoma (collection of blood)
- Seroma (fluid accumulation under skin)
- Slow healing (often related to smoking and diabetes)
- Nausea (temporary – from anaesthetic)
- Bruising and swelling
- Visible scarring (standard or Keloid – lumpy, inflamed, and itchy)
- Numbness (temporary or permanent)
- Distortion of genitalia contour and appearance
- Restricted movement from tightened skin
- Fat embolism (after liposuction)
- Asymmetry
- Skin discolouration (temporary or permanent)
- Need for revisional surgery

# WHY CHOOSE COSMEDITOUR

### COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

### SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

### THE BEST PLASTIC SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

### ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

### TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

### HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

# NEXT STEPS

## GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

## JOIN OUR COMMUNITY

Follow us for inspiration & education.

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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.