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BODY LIFT

What Is a Body Lift?

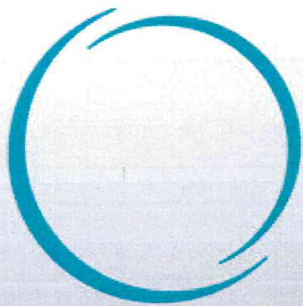
Consultation & Preparing for Surgery

The Procedure

Risks & Safety

Recovery After Surgery / Results

Cost



AMERICAN SOCIETY OF
PLASTIC SURGEONS®

WHAT ARE BODY LIFTS?

Aging, sun damage, pregnancy, significant fluctuations in weight and genetic factors may contribute to poor tissue elasticity that can result in sagging of the abdomen, buttocks and thighs.

A body lift improves the shape and tone of the underlying tissue that supports fat and skin. Excess sagging fat and skin are removed and the procedure(s) can improve a dimpled, irregular skin surface, which is commonly known as cellulite. A body lift may include these areas:

- Abdominal area – locally or extending around the sides and into the lower back area
- Buttocks that may be low, flat or shaped unevenly
- Groin that may sag into inner thigh
- Thigh – the inner, outer, or posterior thigh, or the thigh's circumference

Body lifts are not intended strictly for the removal of excess fat. Liposuction alone can remove excess fat deposits where skin has good elasticity and is able to naturally conform to new body contours. In cases where skin elasticity is poor, a combination of liposuction and body lift techniques may be recommended.

In general, candidates for a body lift include:

- Individuals with significant soft tissue looseness in one or multiple body areas
- Healthy individuals without medical conditions that impair healing or increase risk of surgery
- Individuals with a positive outlook and realistic goals for what body lift surgery can accomplish
- Non-smokers
- Individuals committed to leading a healthy lifestyle with proper nutrition and fitness



CONSULTATION & PREPARING FOR SURGERY

During your consultation, be prepared to discuss:

- Your surgical goals
- Medical conditions, drug allergies and previous medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco and drug use
- Previous surgeries

Your surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Examine and measure your body, including detailed body measurements
- Take photographs
- Discuss your body lift options
- Recommend a course of treatment
- Discuss likely outcomes of body lift surgery and any risks or potential complications

Prior to surgery, you may be asked to:

- Get a lab test or a medical evaluation
- Take certain medications or adjust your current medications
- Stop smoking
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

Body lift surgery may be performed in an accredited office-based surgical facility, ambulatory surgical center or hospital.

Be sure to ask questions. It's very important to ask your plastic surgeon questions about your body lift procedure. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

THE PROCEDURE

Body lift is a surgical procedure and requires extensive incisions. Incision length and pattern depend on the amount and location of excess skin to be removed, as well as surgical judgment. Advanced techniques usually allow incisions to be placed in strategic locations where they can be hidden by most types of clothing and swimsuits.

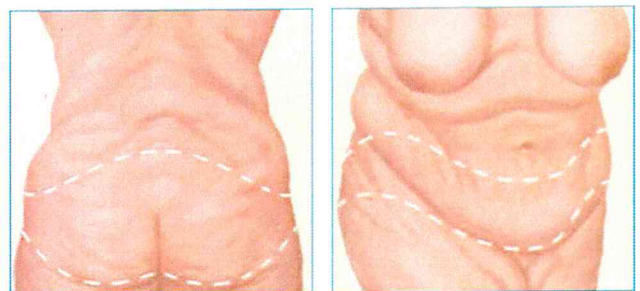
One common technique of complete lower body lift uses incisions similar to a bikini pattern to tighten the abdomen, groin, waist, thigh, and buttock in one procedure. An incision around the circumference of the body removes an apron of excess skin and fat while repositioning and tightening tissues. A combination of liposuction and surgical body lifts may be necessary to achieve an improved contour. Deep support sutures within underlying tissues help to form the newly shaped contours. Sutures, skin adhesives, tapes or clips close the skin incisions.

Step 1 – Anesthesia

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

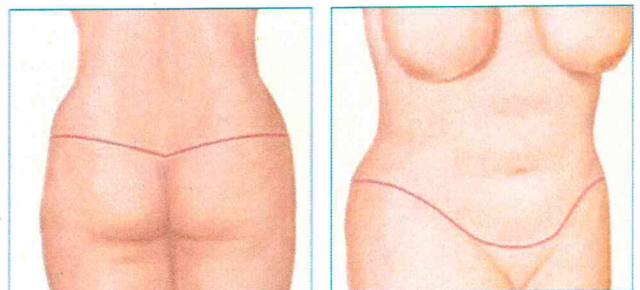
Step 2 – The incision

A complete lower body lift treats the buttocks, abdomen, waist, hips and thighs in one procedure. A circumferential incision around the body removes an apron of excess skin and fat and repositions and tightens tissues.



Step 3 – Closing the incisions

Sutures, skin adhesives or tapes close the skin incisions.



Step 4 – See the results

The results of a body lift are visible almost immediately. It may take as long as one to two years for the final results to fully develop.

RISKS & SAFETY

The decision to have a body lift is extremely personal. You will have to decide if the benefits will help you achieve your goals and if the risks and potential complications are acceptable. Your plastic surgeon will explain the risks associated with surgery in detail. You will be asked to sign consent forms to ensure you fully understand the procedure and any risks or potential complications.

Possible risks of body lift surgery include:

- Anesthesia risks
- Bleeding (hematoma)
- Infection
- Poor wound healing
- Fluid accumulation (blood or serum)
- Numbness or other changes in skin sensation
- Fatty tissue found deep in the skin might die (fat necrosis)
- Pain, which may persist
- Recurrent looseness of skin
- Persistent swelling in the legs
- Asymmetries
- Deep vein thrombosis, cardiac and pulmonary complications
- Possible need for revisional surgery
- Skin loss
- Sutures may spontaneously surface through the skin, become visible or produce irritation and require removal
- Unfavorable scarring

These risks and others will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.



RECOVERY AFTER SURGERY

After your body lift procedure is completed, dressings or bandages will be applied to the incisions. Small, thin tubes may be temporarily placed under the skin to drain any excess blood that may collect.

You will be given specific instructions that may include how to care for your surgical site(s) following surgery, medications to apply or take orally to aid healing and reduce the risk of infection, specific concerns to look for at the surgical site or in your general health, how to care for your drains, and when to follow up with your plastic surgeon.

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period:

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery? When will they be removed?
- How should I bathe after surgery?
- Are stitches removed? When?
- When will the drains be removed?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

When you go home:

If you experience shortness of breath, chest pains or unusual heart beats, seek medical attention immediately. Should any of these complications occur, you may require hospitalization and additional treatment.

RESULT

The results of a body lift are visible almost immediately. However, it may take two years or more for the final results of the body lift procedures to fully develop. Some visible scars will remain, but the overall results are long lasting, provided that you maintain a stable weight and general fitness. As your body ages, it is natural to lose some firmness. However, most of your initial improvement should be relatively permanent.

Although good results are expected from your procedure, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary.

Following your physician's instructions is essential to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, swelling, abrasion or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself.



COST

Prices for a body lift can vary. A surgeon's cost may be based on his or her experience, the type of procedure(s) used and geographic office location. Many plastic surgeons offer patient financing plans, so be sure to ask.

Cost may include:

- Anesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescriptions for medication
- Surgeon's fee

Most health insurance does not cover cosmetic surgery or its complications.

Your satisfaction involves more than a fee:

When choosing a plastic surgeon for a body lift, remember that the surgeon's experience and your comfort with him or her are just as important as the final cost of the surgery

This brochure is intended strictly for educational purposes. It is not intended to make any representations or warranties about the outcome of any procedure. It is not a substitute for a thorough, in-person consultation with a board certified plastic surgeon.

Plastic surgery involves many choices. The first and most important is selecting an American Society of Plastic Surgeons (ASPS) member you can trust. ASPS member surgeons meet rigorous standards:

- Board certification by the American Board of Plastic Surgery (ABPS)® or in Canada by The Royal College of Physicians and Surgeons of Canada®
- Complete at least six years of surgical training following medical school with a minimum of three years of plastic surgery residency training
- Pass comprehensive oral and written exams
- Graduate from an accredited medical school
- Complete continuing medical education, including patient safety each year
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities

Do not be confused by other official sounding boards and certifications.

The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with "cosmetic surgery" in its name. By choosing a member of The American Society of Plastic Surgeons, you can be assured that you are choosing a qualified, highly trained plastic surgeon who is board-certified by the ABPS or The Royal College of Physicians and Surgeons of Canada.