



This 38-year-old woman was recently divorced and felt self-conscious about her loose and protruding abdomen which was conspicuous even in clothing. An Abdominoplasty consists of tightening the underlying abdominal muscles, removing redundant skin and fat and careful contouring. After surgery she has a more proportional contour and is more self-confident. Scars are hidden by underwear or swimming attire. With her new body contour, this patient was able to fit into clothes which were previously impossible for her to wear and she enjoyed a major boost in her confidence as well as her wardrobe.

## “Body Lift” Procedure

The Body Lift technique involves the use of an incision similar to the Abdominoplasty procedure. Like Abdominoplasty, which improves the appearance of the waistline in the front, the Body Lift incision starts anteriorly, continues around the back in a gentle curve and allows for improvement of the lower abdomen, buttock and thigh areas in a single procedure. Lax abdominal muscles are treated in the same way as in the Abdominoplasty procedure by tightening of the abdominal musculature, while the outer thighs and buttocks are restored by elevation in to a more youthful position. Any excess skin that is “sagging” in the buttock or thigh areas is removed during the procedure. This procedure is indicated in individuals that desire

abdominal contouring, but who also have noted age-related changes in the lateral thigh and buttock areas, and wish to have improvements in those areas as well. Another group of patients who are excellent candidates for this procedure are those who have lost large amounts of weight either on their own or after gastric bypass surgery. Due to the loss of volume, the skin in the abdomen, thigh and buttock area “sags” excessively, and despite the weight loss, patients are troubled by the inability to fit well into clothes and enjoy a new lifestyle that often comes from healthy loss of weight.

The Body Lift surgery is usually performed under general anesthesia in an inpatient facility. We recommend that all patients stay overnight and even

a few days in our facility. During your preoperative consultation the amount of skin excess and fat to be removed will be determined by you and your surgeon. The incision is designed low in the abdomen and gently curves posteriorly so that it can be hidden in the “panty line”. In general, the incision is visible after surgery. The overall body contour and figure are greatly improved, while stretch marks in the skin that is removed during the procedure, will disappear forever. Other areas of the body with poor skin quality and stretch marks may also improve; however, the stretch marks in those areas usually persist. Liposuction and micro fat grafting and transfer are not recommended simultaneously in patients undergoing Body Lift.

Convalescence usually takes from four to eight weeks. During this time the abdomen, thigh and buttock area may feel tight. We recommend a supportive girdle be used for up to 12 weeks after surgery to assist in your convalescence. A period of guarded physical activity for the first six postoperative weeks is recommended for all patients.

Complications related to Body Lift surgery are rare but do include infection, poor scarring, asymmetries, prolonged discomfort, tightness around the incisions and collections of serum or blood clots under the skin. Even more rare complications such as serious problems with wound healing and deep vein blood clots can be encountered with these procedures. Such problems are seen more often in patients with

obesity and smoking. However, we take great care to ensure that every one of our patients undergo the appropriate preoperative medical evaluation and receive prophylactic treatment including antibiotics and blood viscosity agents before and during their procedure.

The Body Lift procedure is an extensive cosmetic surgical procedure which is used in the treatment of certain figure faults and can lead to long-lasting, dramatic and extremely rewarding improvements in your overall body contour.

## **Quick Check Postoperative Instructions Body Lift**

### **POST-OP WEEK 1**

**DO:** Wear the garment at all times. Remove only when you need to shower and then replace the garment immediately after drying.

**DO:** Shower normally each day.

**DO:** Blow dry skin tape after bathing

### **DAY 7-14**

All sutures are removed in clinic. Drains are also removed during this time. You should continue to wear garment as instructed in the first week.

### **6 WEEKS**

**DO:** Avoid strenuous physical activity.

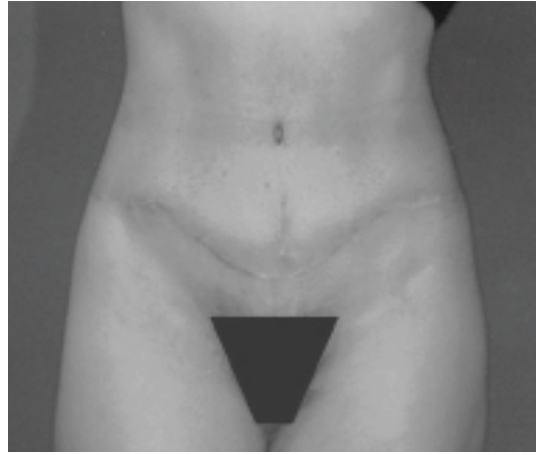
**DO:** Protect the incision form direct sunlight. SPF 45 is recommended for up to one year after surgery. A second garment is usually necessary and should be worn for up to 12 weeks.



*While surgery can certainly help in one’s quest to look, feel, and perform better, many non-surgical methods exist, which when incorporated into a Life Plan are capable of achieving dramatic results.*

*Part IV of this book shows how you can participate in the process of becoming “a better you”.*

## The Body Lift



This 45 year old lady wanted to have improvement in her overall body contour including the thighs and buttocks.



This 48 year old lady who had lost 34 pounds on her own wanted improvements in her overall body contour, especially the abdomen and buttocks.