

## BUTTOCK LIFT CONT.

A pressure compression garment must be worn for 4-6 weeks after the surgery if liposuction and fat transfer is performed, which minimises the bruising and swelling and helps produce an even contour. This garment is like a girdle, and can be worn under normal clothes. Heavy activities and sport should be avoided for 4-6 weeks.

## BODY LIFT

A body lift treats loose skin in the abdomen, flanks, buttocks and thighs, and is a combination of an abdominoplasty, medial (inner) & lateral (outer) thigh lift and buttock lift, removing skin all the way around the body. This operation is common after large amounts of weight loss, usually 30-50kg or more.

The body lift is a long operation under general anaesthetic (often taking 8 hours), with a hospital stay of 5-7 days. There is a prolonged recovery time, with most patients taking 6 weeks off work, however the operation provides a dramatic and life-changing improvement in body contour.

## SUMMARY

Body contouring surgery results in an improved body contour, making it easier to wear close-fitting clothes and swimming costumes. The procedures may improve your self-confidence and allow you to be more active and participate in every-day life.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.

North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of the latest skin care, lasers and aesthetic treatments.

## PRACTICE LOCATIONS

### Dr Charles Cope

Level 1, 357 Military Rd  
Mosman 2088

Suite 507 SAN Clinic  
Wahroonga 2076

[www.drcharlescope.com.au](http://www.drcharlescope.com.au)

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North Shore  Cosmetic Surgery

## A patient guide to understanding

### Body Contouring

Arm Lift

Thigh Lift

Buttock Lift

Lower Body Lift

Prepared by

Dr Charles Cope

MBBS BSc(Med) FRACS

Member  
AUSTRALIAN  
SOCIETY OF  
PLASTIC  
SURGEONS

## INTRODUCTION

Body-contouring procedures are suitable for people with loose skin following significant weight loss, or if you have fatty bulges that you just can't get rid of with exercise.

After weight loss there can be a significant amount of excess skin in the arms, abdomen, thighs or buttocks. This excess skin can cause uncomfortable chafing, making it difficult to fit clothes, and serves as a reminder of the past.

Loose skin can be removed with a number of procedures that leave scars hidden mostly in natural creases, and include upper arm lift, breast lift, abdominoplasty, medial thigh lift, buttock lift and lower body lift.

The surgery results in a more flattering contour, making it easier to wear close-fitting clothes and swimming costumes, and allowing you to be more active and participate in everyday life. The procedures will improve your self-confidence and often the motivation and ability to exercise.

## PRE-OPERATIVE ASSESSMENT

As in all cosmetic surgery, it is important for you to tell your surgeon the specific areas that concern you. An assessment will also be made of any loose skin, stretch marks, or cellulite, which may affect the result.

It is important to discuss with your surgeon any pre-existing medical conditions which you may have, such as smoking and diabetes, as well as risk factors for deep venous thrombosis (DVT or leg vein clots). You should tell your surgeon if you have had problems with previous operations or anaesthetics, as well as any history of bad scarring.

It is ideal for you to be as close as possible to your target weight, as this optimises your final result. People contemplating significant weight loss are best to defer surgery, as significant weight change after surgery can affect the result.

Your surgeon will discuss the operation with you, show you photos of other patients who have had the procedure, and will give you written information about the operation. Both the expected result as well as the risks of the operation will be explained.

## PREPARING FOR THE SURGERY

If you smoke it is important to stop smoking at least a few weeks before the surgery – smoking significantly increases the chance of healing problems after the surgery.

Aspirin, anti-inflammatory medications eg Nurofen, and some vitamins and herbal medications can cause increased bleeding and these also need to be stopped 10 days before the surgery.

## ARM LIFT

An arm lift uses either liposuction or liposuction combined with removal of loose skin to improve the contour of the upper arm. If there is a significant amount of loose skin then the loose skin is cut away, leaving a scar along the inner arm from the elbow into the armpit, and sometimes down onto the chest wall.

An arm lift involves a day surgery procedure, and is performed under general anaesthetic. Most people return to work within 7-10 days following the surgery, and a pressure compression garment must be worn for a few weeks, which minimises the bruising and swelling and helps produce an even contour. These garments can easily be worn under normal clothes. Heavy activities and sport should be avoided for one month.

## MEDIAL THIGH LIFT

A medial (inner) thigh lift removes excess skin and fatty bulges on the inner part of the thigh, and is often combined with liposuction of the thighs. This provides a dramatic improvement in contour, and improves discomfort from chafing of the inner thighs.

The scar is usually hidden in the groin crease, but if there is a lot of excess skin then an incision along the inner part of the thigh is also necessary. The surgery involves a general anaesthetic, with a 2-3 day stay in hospital. Most people return to work within 2-3 weeks following the surgery. A pressure compression garment must be worn for 4-6 weeks after the surgery if liposuction is performed, which minimises the bruising and swelling and helps produce an even contour. This garment is like a girdle, and can be worn under normal clothes. Heavy activities and sport should be avoided for 4-6 weeks.

## BUTTOCK LIFT

A buttock lift gives a more youthful, pleasing appearance to the buttock by either removing loose skin and lifting the buttock into a higher position, or by filling up the loose skin (usually in the lower outer half of the buttock) with your own fat (fat transfer or 'brazilian butt lift'). Sometimes both are necessary to give the optimal result. If fat transfer is used the fat is taken from somewhere else on your body using liposuction, resulting in an improved contour in other parts of your body as well.

A buttock lift is a medium size operation, with 2-3 days or so in hospital, while the fat transfer can usually be performed as a day surgery or overnight stay procedure. Most people return to normal everyday activities and work within 2-3 weeks following the surgery.