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Thigh Lift and Reduction

Weight loss, ageing, sun damage, and loss of skin elasticity can cause the skin of the inner thighs to become loose, sagging, or wrinkled. Unfortunately, creams, skin treatments, and exercise are often unable to correct significant excess skin in this area.

A thigh lift or thigh reduction procedure is designed to improve the shape and contour of the upper thighs by removing excess skin and, in some cases, excess fat. The procedure can create firmer, smoother, and more proportionate thighs, helping improve both body contour and comfort. Many patients also find that the procedure improves skin chafing and irritation caused by excess skin rubbing together.

The procedure is particularly suitable for patients who have experienced weight loss or age-related skin laxity and who are troubled by loose tissue of the upper inner thighs. Good candidates are generally in stable health, close to their ideal body weight, and have realistic expectations regarding the results and scarring associated with surgery.

During the procedure, incisions are usually placed within the groin crease at the top of the inner thigh so that scars are as discreet as possible. In patients requiring more extensive correction, a vertical incision along the inner thigh may also be necessary to remove larger amounts of excess skin and improve contouring. The exact pattern of incisions depends on the degree of skin excess and the desired outcome.

Excess skin and fat are carefully removed, and the remaining tissues are tightened and repositioned to improve the overall shape and firmness of the thighs. In some cases, liposuction may also be combined with the procedure to further refine contour and remove localized fat deposits.

Following surgery, swelling, bruising, tightness, and discomfort are expected during the initial healing period. Patients are usually encouraged to walk gently soon after surgery to promote circulation, but strenuous activity and heavy exercise should be avoided until advised by your surgeon.

Recovery following a thigh lift or reduction procedure is typically between two and three weeks, although swelling may continue to improve gradually over several months. Compression garments may be recommended to support healing, reduce swelling, and help optimise contour.

As with all surgical procedures, thigh lift surgery carries potential risks and complications. These may include bleeding, infection, fluid collections, delayed wound healing, asymmetry, numbness, widening of scars, and the possibility of visible scarring. Your surgeon will discuss these risks, expected recovery, and realistic outcomes with you during your consultation.

Thigh lift surgery can produce long-lasting and rewarding results when combined with a healthy lifestyle and stable body weight. Maintaining regular exercise and a balanced diet will help preserve the improved contour over time.