

# Arm & Thigh Lifting



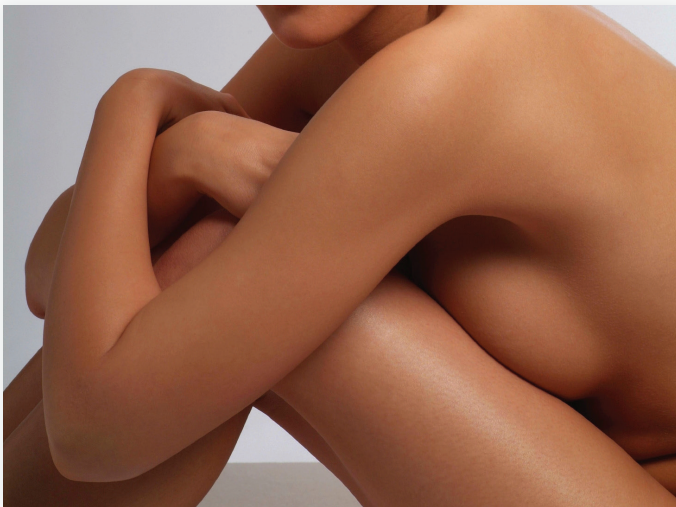
LINIA

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EXPERTS IN COSMETIC SURGERY

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## WHAT IT IS?

Skin sags as a natural consequence of the ageing process. Arms and thighs, in particular, tend to lose their muscle tone and firmness and the layers of muscle and fat become thinner. An arm or thigh lift can help to restore and tighten these areas, giving you a firmer, more youthful look and enabling you to wear tighter clothing or swimwear with confidence.

## WHAT DOES THE PROCEDURE INVOLVE?

In the arm lift, incisions are made along the inner arm, extending from the armpit to the elbow. The length of the scar will depend on the amount of excess skin to be removed to achieve your particular requirements. The skin and fat is then separated from the underlying muscle and excess skin and fat is carefully removed.

In thigh lift surgery, an incision is made along the groin, which may extend from the front towards the back. Excess skin is then carefully removed.

## WHAT ARE THE RISKS AND LIKELY AFTER-EFFECTS?

Cosmetic Surgery, like any other surgery, involves a "trauma" to the human body and there are risks associated with any procedure. Each person's body is different, and your general health, level of fitness, age and genetic profile will all have an effect on the speed of healing and also on the risk of side-effects.

If you smoke, drink alcohol, are overweight and/or take drugs for medical or other reasons, the risk of complication during and after surgery can be greatly increased. Smoking, in particular, is discouraged because it increases the risk both of infection, wound healing problems and thrombosis (blood clots).

After any surgery it is normal for all patients to experience swelling, bruising, tiredness and numbness. This decreases gradually in the days and weeks afterwards. A smaller number may also encounter infection and/or some bleeding around the scar area. Infection can be treated with antibiotics, though this can delay the healing process somewhat.

## SCARS

Scarring is a normal and unavoidable consequence of this procedure, and will vary in appearance and severity, depending on the extent of surgery and on your body type. Your scars will certainly reduce and fade over a period of months and, whilst permanent, should not be visible under normal clothing.

## WHAT WILL HAPPEN AFTER THE OPERATION?

### Post-Op

Your surgeon will see you when you have come round from the anaesthetic to check that all is well, and will discharge you providing you are fit to return home. You will be given medication and full post-operative instructions along with appropriate telephone numbers in case you need to contact us at any time. A firming garment is applied for 2-4 weeks. There is limited mobility for the first 1-2 weeks.

### Week 1 - 2

You will see our nurse after 7-10 days so that she can check your progress. Sutures may need to be removed.

### Weeks 8 - 12

You will see your surgeon once more at between 8 and 10 weeks after your operation for a full post-operative consultation.

Before



After



## FULL POST-OPERATIVE COVER

We're confident that you will be delighted with the results. For that reason, we guarantee that we will provide post-operative cover for a full three years after your procedure. It's our way of ensuring that you have peace of mind and confidence in Linia.

## PERIOD OF REFLECTION

Cosmetic surgery is a purely elective procedure and careful consideration should be given to both the potential benefits and the risks, before making a decision to proceed. Linia recommends that, following consultation with your surgeon, you allow a period of at least fourteen days before making a decision.

General matters pertaining to cosmetic surgery.

**1. Expectations and limitations:** Cosmetic surgery may satisfy many needs and often provides inner confidence. It may enhance your quality of life significantly. It is however, not the answer to all of life's problems. It is vital to understand the limitation of such surgery. The purpose of cosmetic surgery is to improve one's appearance. But do not expect miracles. Most patients understand these limitations and have a realistic view of what may be achieved. Wrong expectations and over expectations may lead to disappointment. Being realistic brings satisfaction.

**2. General risks of Surgery and Anaesthesia** such as blood clots, chest complications, pain and discomfort, infection, swelling, bruising, bleeding and haematoma, seroma, problems in the healing process, numbness, sensitivity etc.

**3. Subjective Nature of Cosmetic Surgery:** It has been emphasised that, the final assessment of the result is a matter of subjective opinion. Hence, while a probable expected result has been advised, this is in no way a guarantee of a good result.

**4. Scars:** All surgery involves creating some scars. Although these are placed in locations to hide, any scar, in theory, can become prominent. It normally takes 12-24 months for scars to fade away completely.

**5. Time lag for final results:** Every operation is followed by a period of healing, before tissues return to normal and the final result is apparent.

**6. Numbness:** Loss of sensitivity is a consequence of all surgery and it takes time for normal sensation to return.

**7. Revisions and Refinements:** Every operation may sometimes need more refinement to achieve a satisfactory end result.

**8. General Asymmetry:** Every human body is asymmetrical between left and right sides. This normal difference will persist after the surgery.

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