

PATIENT INFORMATION

Thigh lift

For loose skin of the inner thighs
Often after weight loss

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The Ü Clinic
Sevenoaks & Oxted

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This booklet explains a thigh lift, from deciding whether it is right for you to your recovery.

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01 Why you have this booklet

You've been given this booklet because you've talked to Mr Kumar about a thigh lift, or you're about to.

It explains what the operation involves, the scars, and the risks and recovery.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What a thigh lift is

Loose skin on the inner thighs is common after significant weight loss and with age. It can rub, cause rashes and make clothing and exercise uncomfortable. A thigh lift removes the excess skin and fat and lifts what remains.

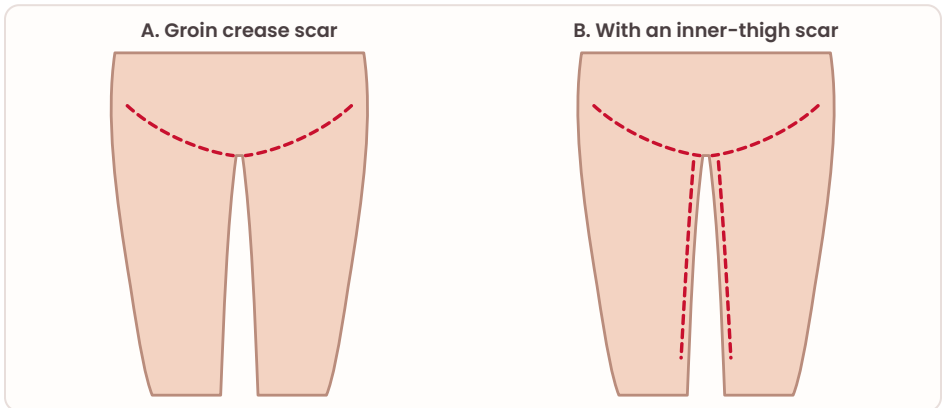


Figure 1. Thigh lift scars: in the groin crease, or with an inner-thigh scar for larger amounts of skin. A simplified drawing for guidance only.

For small amounts of loose skin the scar can sit in the groin crease. For more, a vertical scar down the inner thigh is needed.

03 Is it right for you?

You're likely to be a good candidate if:

- ✓ you have loose inner-thigh skin
- ✓ your weight has been stable for at least 6–12 months
- ✓ you accept the scars
- ✓ you don't smoke

What the operation won't do

- It won't leave the thighs without scars.
- It won't remove cellulite.

Please tell Mr Kumar if you have, or have had

- a blood clot in the leg or lung, or a family history of clotting problems
- the contraceptive pill or HRT, which raise the risk of blood clots
- a hernia, or previous surgery in the area, including a caesarean section
- plans to lose a lot of weight, or you use weight-loss injections
- previous weight-loss (bariatric) surgery
- plans for a future pregnancy
- you smoke, vape or use nicotine replacement
- high blood pressure
- a bleeding or clotting disorder, or you take blood thinners, aspirin or supplements such as fish oil, garlic, ginkgo or vitamin E
- diabetes, heart or lung disease
- a tendency to keloid or thickened scars
- body dysmorphic disorder, or hopes that surgery can't realistically meet
- swelling of the legs (lymphoedema or lipoedema)

04 Other options

You don't have to have this operation. Depending on what bothers you, the alternatives include:

- liposuction alone, if your skin is firm
- doing nothing for now.

05 What you can expect from the result



06 Getting ready

Before your operation you'll have a pre-operative assessment, with your medical history, an examination, photographs and sometimes blood tests. You'll also be asked to:

- ✓ **stop smoking, vaping and nicotine replacement** for at least 4–6 weeks before and after surgery
- ✓ **stop aspirin, anti-inflammatory painkillers and supplements** such as fish oil, garlic, ginkgo and vitamin E, usually 1–2 weeks beforehand. Please don't stop any prescribed blood thinner without checking first.
- ✓ **follow the fasting instructions** you are given if you are having a general anaesthetic or sedation
- ✓ **arrange for someone to take you home** and stay with you for the first night
- ✓ **follow the advice you're given about the contraceptive pill or HRT.** You may be advised to stop them for a few weeks around surgery.
- ✓ **keep your weight steady**
- ✓ **have your compression garment ready**, or bring it on the day
- ✓ **avoid long-haul flights** for about 4–6 weeks after surgery
- ✓ **plan 2–4 weeks off work**

07 Anaesthetic and where it happens

A thigh lift is done under general anaesthetic. Most people stay one or two nights.

08 The operation

The operation takes 2–3 hours. Excess skin and fat are removed, the deeper tissue is anchored in the groin to reduce pulling on the scar, and the wound is closed in layers. You wear a compression garment afterwards.

09 Straight afterwards

You will be sore and swollen. Avoid sitting with your legs apart and walk short distances often.

10 Recovery

When	What to expect
Days 1–3	Swelling and discomfort. Walk short distances.
Weeks 1–2	Avoid long periods of sitting. Wound checks.
Weeks 2–4	Return to desk work.
Week 6	Return to exercise.
6–12 months	Swelling settles and the scars fade.

11 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON

more than 1 in 100

UNCOMMON

1 in 100 to 1 in 1,000

RARE

1 in 1,000 to 1 in 10,000

VERY RARE

fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Swelling of the thighs and sometimes the lower legs and genitals.
- Numbness near the scars.
- Long scars.

Other complications

- **Wound-healing problems** COMMON

Wound breakdown, especially in the groin, is one of the commonest problems after thigh lift and usually heals with dressings.

- **Fluid collection (seroma)** COMMON

A soft, fluid-filled swelling. It is usually drained with a needle in clinic, sometimes more than once.

- **Infection** UNCOMMON

Usually treated with antibiotics.

- **Scar moving or widening** COMMON

The scar can drift downwards or widen.

- **Distortion of the genital area** UNCOMMON

Pulling on the vulva, which careful anchoring reduces.

- **Asymmetry or remaining loose skin** UNCOMMON

Rare but serious complications

Please read this section carefully.

- **Blood clots in the leg or lung** UNCOMMON

Deep vein thrombosis or pulmonary embolism is one of the more important risks of body contouring surgery, and a clot in the lung can be life-threatening. Walking early, drinking plenty, stockings and any blood-thinning injections reduce the risk.

- **Long-lasting swelling of the legs (lymphoedema)** RARE

Complications of the anaesthetic

Modern anaesthesia is very safe. Feeling sick, a sore throat or feeling drowsy are common for a short time afterwards. Serious problems, such as a severe allergic reaction, are very rare. Your anaesthetist will meet you before the operation and explain the risks for you personally.

12 Further treatment

Occasionally a further procedure is needed to refine the result, for example if healing leaves an area uneven or a scar needs revising. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further procedure isn't automatically included in your original fee; the clinic team can explain our policy.

13 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

14 Costs and time to think it over

You'll receive a written quote covering your treatment, aftercare and any follow-up included in the price, together with our deposit and cancellation policy. Self-pay consultations cost £250 and follow-ups £150.

Time to think it over

We recommend waiting at least two weeks between your consultation and your operation. This follows good practice for cosmetic surgery, and gives you time to think things over and ask more questions. You can change your mind at any point before surgery, even on the day, and you don't need to give a reason.

15 Your decision

This is your decision and you have the right to:

- ✓ take as long as you need to decide, and bring someone with you to appointments
- ✓ say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ✓ ask for a second opinion from another surgeon.

16 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

17 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Call 999 or go to your nearest A&E immediately if you have

- chest pain, shortness of breath, a fast heartbeat, or coughing up blood
- severe or worsening pain in your tummy, especially with a swollen tummy, a high temperature or vomiting
- confusion, unusual drowsiness, or feeling faint or collapsing

Contact us promptly if you have

- a painful, swollen calf
- redness that is spreading, warmth, discharge from a wound, or a temperature
- swelling that is increasing quickly, is much worse on one side, or feels like a soft, fluid-filled bag
- a wound opening up, or skin that becomes dark, purple or black

Contact us promptly if you have (continued)

- bleeding that doesn't stop with 10 minutes of firm pressure

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

18 What happens next

Before your procedure, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health, your weight or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

Telephone	020 3026 9695
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Email	info@theuclinic.com
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Thigh lift information leaflet. Version 1.0, October 2026. This booklet is for general information and does not replace a consultation with Mr Kumar.