

THIGHS

Why?

With age or after weight loss, excess skin can appear on your body. It is often concentrated on the inner thighs. Cosmetic thigh surgery consists of treating slack skin by removing any excess of it.

The Intervention

The intervention consists of removing the excess skin that is mainly concentrated on the inner thighs. Cosmetic thigh surgery is often associated with a liposculpture procedure that is intended to eliminate accumulations of fat.

Results and Post-Operative Treatment

The surgeon applies a dressing directly after the intervention.

This dressing, as well as the stitches, is removed two weeks after the cosmetic thigh surgery.

The scar can be red and lumpy during the first months but it finally becomes virtually imperceptible. It is located in the inguinal fold and can, in certain cases, go down towards the back of the knee.

Instructions for Patients

Before the Intervention:

- If you are having a full anaesthetic, do not eat, drink or smoke 6 hours before the surgery.
- Taking aspirin (or any other medicinal product containing acetylsalicylic acid) is also forbidden for ten days before the intervention.
- You are advised to take 3 x 2 "Traumeel" tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach.
- You are advised to take "Nutrimonium" food supplements during the month before the intervention.
- On the day of the operation, you are advised **not to wear** any ***make-up***, nor ***any nail varnish***.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised **not to wear** any ***jewellery***.
- On the day of the operation, you are advised to wear loose-fitting and comfortable clothes.
- In the morning before the intervention, the body must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).

It is important and obligatory to wear anti-embolic stockings on the day of your surgery. Please provide the long ones up to above the knees. These you can buy at the pharmacy or at our clinic (£30).

NEW: hyperbaric oxygen therapy before and after surgery. HBOT therapy helps to improve/accelerate the healing process. Cost: £180 for 2 sessions.

After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- You are advised to take **2 "Traumeel" tablets every hour** for five days after the intervention, in order to reduce the appearance of bruising.

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- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternatively with Ibuprofen 600mg, three times a day and, possibly, Oxynorm, twice a day. This medication should be discontinued in the event of nausea. Depending on the procedure, you will be given an adjusted pain schedule!
- Antibiotics will be prescribed for you and must be taken 2 times a day for ten days.
- You are advised to take “Nutrironium” food supplements for a month after the intervention, in order to accelerate the healing process.
- Antibiotics will be prescribed for you and must be taken 3 times a day for ten days.
- You are advised to pay special attention to the hygiene of the area concerned during the weeks after the intervention.
- An oedema will appear after the operation, but it will disappear of its own accord.
- The stitches will be removed after 14 days by your doctor or at Beclinic. Sometimes no stitches have to be removed as the scar will be glued. This will be mentioned in your personal letter given after your surgery.
- Once the stitches have been removed, the doctor will apply some steristrips as well as a watertight dressing, which will be removed after three days. The scars can be massaged with Cicalfate (Avène) or Zeitschild cream. When the wounds are closed, a silicone dressing (of the “Bapscarcare”, “Cerederm” or “Dermatix” variety) can be applied in order to help the wound to heal. The scars absolutely must be kept out of the sun for at least a year.
- It is recommended that you do not carry any heavy objects or practise any sport for 6 weeks after the intervention. Taking a bath is forbidden during these 6 weeks, you may only take a shower. No swimming pool or sauna!
- We’d like to see you back for all after care in our Beclinic. A check-up with Dr Plovier/nursing team is recommended day 3, after 2 weeks and 8-10 weeks after surgery. You can book your check-up appointments with our secretaries.
- After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.

