

Body Lift

Men and women who have lost a significant amount of body weight often find themselves left with an excessive amount of sagging skin which they can often find as unsightly as their previous excess weight was. The growth in weight loss surgery has seen more and more patients seek further surgery to deal with the repercussions of losing a lot of weight very quickly.

A body lift procedure is an extensive surgical procedure that deals with sagging skin and any leftover excess fat located on the abdomen, back, thighs, flanks and legs. It is sometimes called a lower body lift or a belt lipectomy. Patients will often need their upper half treated as well which might entail a breast reduction and an arm reduction/lift which is called a brachioplasty.

This is a complex surgical procedure that will successfully remove the excess skin, but the patient will be left with a high degree of scarring. Although most patients are happy to accept this compromise in exchange for a much improved body contour and aesthetic appearance, Mr Tariq Ahmad will make sure you are aware of all the potential risks and side effects and have realistic expectations before going ahead with surgery.

What happens during a body lift procedure?

A body lift is a relatively lengthy surgical procedure that can take approximately five hours, and it is performed under a general anaesthetic, so before you can undergo this surgery, your health will be rigorously checked by Mr Ahmad.

The extent of the body lift is tailored to the patient's exact requirements. Mr Ahmad makes incisions across the upper buttock, the abdomen, and the outer and inner thighs, removing segments of skin and fatty tissue, before stitching the tauter skin in place. Where possible he positions the scars in the patient's 'bikini line' or in the natural folds of the body.

The procedure can be combined with a tummy tuck to tighten up the abdominal muscles at the same time. Mr Ahmad will also combine a body lift with liposuction to ensure the most aesthetically pleasing body contour.

What should you expect after a body lift?

Immediately after a body lift, you will stay in hospital for at least one night before being discharged once you've been assessed by Mr Ahmad and his team. Recovery from a body lift usually takes a few weeks and it will be at least six weeks before you can resume more rigorous physical activities.

The scars from a body lift can take up to a year to flatten and fade, but Mr Ahmad sees the changes from a body lift start to have immediate effect on his patients as they enjoy a different body shape and a feeling of relief as they have lost all this sagging skin.
