

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

Cosmetic thigh surgery is performed under local anaesthesia and takes approximately three hours. 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 after midnight.
- Taking aspirin (or any other medicinal product containing acetylsalicylic acid) is also forbidden for ten days before the intervention;
- 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 €).

After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- 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 instant 5mg, twice a day. This latter medication should be discontinued in the event of nausea.
- You are advised to take “Nutrimonium” 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. A special aftercare package is available in the clinic for a cost of 25€. (this includes iodine, antibiotic cream etc)
- An oedema will appear after the operation, but it will disappear of its own accord.
- The stitches will be removed after a fortnight, at Beclinic or by your doctor.
- 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). When they 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 least a year.
- It is recommended that you do not carry any heavy objects or practise any sport for four weeks after the intervention.