Combining Lower Body Lift with Thighplasty

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Combining Procedures and Staging*

- No ... consensus on the right or wrong ways of combining or staging...
- One stage increasingly popular
- By experienced operating team
- Skilled anesthesia
- Sub group of patients
- Immobilizing discomfort, opposing vectors
- Revision likely

*Loren Borod chap. 11 in *Aesthetic Surgery after Weight Loss, Elsevier, 2006

Combination

- Abdominoplasty
- Lower Body Lift
- Vertical thighplasty
- Pubic Monsplasty
- Adipose Fascial Flap
- Excision site UAL
Lower Body Lift, Buttock Flap Aug., Abdomen-Mons-Thighplasty, UAL
Prone, 3 teams, Legs on Arm Boards

Isolate Buttock Flaps/ ESL of Vertical Thighs

Bilateral Supra Gluteal Pockets
Suture Advancement of Adipose Fascial Flaps

Buttock Closure Starts Posterior Thigh Incision
Closure of Buttocks/ Start Posterior Thighplasty

Superficial to Deep Excision to Ischial Tuberosity

#1 Braided Abs. Suture/ FL and FSF to Ischium
#1 Braided Abs. Suture Approx. FL and FSF to Ischium

Right Side Sutured with Leg Abducted

Lower Body Lift and Posterior Thigh/Buttockplasty
1 UAL Epl./ 2 Start Abdominoplasty, 3 Complete Thighplasty

Turn Supine

Isolate Umbilicus and Complete Superior Incision

Limited Midline Undermining
LaRue Dissector Discontinuous Undermining

Vertical Thighplasty UAL Completed/Perimeter Incision Made

Sharpe Excision of Skin only
Exposed Fibro-elastic CT, Neurovasc.

Towel Clamp approx, #2 Quill PDO Barbed

Two Horizontal Mattress Throws in Each Direction
Pull on Barbed Sutures to Close

Barbed Suture Completed Distally/Proceed Proximally

Intradermal Barbed suture closure
The Other Thighplasty

Lower Incision/ Resection Sparing Sub Scarpa’s Fat

Expose Midline Fascia for Plication
2-0 Maxon Suture Suspension

Three Flap Umbilicoplasty

Umbilicoplasty
Monsplasty/Upper Medial Thighplasty

Anchor suturing to Colles Fascia

End of Operation
Post Operative Care

- Limited UAL, Undermining, medial res.
- Intra-operative on silicone pad
- Below knee elastic garment
- Transferred to air flotation Bed
- DVD prophylaxis
- Lymphatic Massage
- Lymphopress
- Diuretics as needed

Sus Masto/LBL/Abd/Thighplasty
Improvement... 2007-2011

- Experience
- Patient Selection
- Patient Preparation
- Materials
- Innovations
- Technology
- Operative Management
- Post Operative management
- Variety of Combinations
- Expectations, malnutrition
- ProCare or ProMend supple.
- Quill SRS, Acellular Dermis
- Excision Site Liposuction
- Radio-Frequency Assisted Lipo.
- Warm, Lovenox, Central-Line
- Hyvamat, MedEx, nutrition, lymphopress, garments