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BODY LIFT

SHORT INFO

Operation time:	ca. 4 - 6 hours (depending on the scope)
Anaesthesia:	general
Hospital stay:	8 - 12 nights
Presentable:	after ca. 3 weeks
Sports:	after ca. 8 weeks

The skin's natural ability to readjust to the considerably smaller volume after excessive weight reduction by means of its own elasticity is in most cases too limited to compensate for any pendulous folds of skin to have formed in the stomach area, on the back, the buttocks or thighs, so that their correction is only possible by surgical removal in a so-called body lift, i.e. a comprehensive, single-session lifting procedure.

This operation is rather extensive, however, and takes several hours under a general anaesthetic. With the patient lying on his or her stomach, the excess skin at the back and buttocks is removed first by means of an incision that will ultimately run around the entire body in the slip area, and the subcutaneous fat tissue to remain is positioned with retention stitches so that the curvature of the buttocks is more defined and has a better shape. The skin at the back and the outside of the thighs is detached from the muscle fascia and thus mobilized in an upward direction and lifted. Once the wounds on the back have been closed, the patient is then turned on his or her back to enable removal of the skin apron at the stomach and repositioning of the navel, while the drooping insides of the thighs are lifted by means of a crescent-shaped incision from the groin across the crotch area through to the gluteal fold. The extensive mobilization and expansive wound surfaces require patients to wear made-to-measure, elastic compression garments reaching from the torso to above the knee for ca. 8 weeks. An in-patient stay of ca. 10 days is also required as a consequence of this extensive surgery in several body regions. Blood transfusions are unavoidable in isolated cases.