

Post Bariatric Medial Thigh Lift: A Case Series

ABSTRACT

Background: Following massive weight loss (MWL) medial contouring of the thigh is frequently requested to improve appearance and function. Thigh lifting can be associated with significant complications.

We present a case series of post bariatric patients undergoing thigh lift using a technical approach that addressing both vertical and horizontal excess.

Material and Methods: From January 2012 to May 2014, 15 consecutive patients underwent a medial thigh lift post bariatric surgery. A retrospective review of the case notes was performed to assess complications that occurred.

Results: There were no major post-operative complications in terms of reoperation, hematoma, thromboembolism and no seromas.

Two patients, all of which were smokers had minor superficial wound healing complications. Aesthetic outcomes were satisfactory for all patients at a minimum follow-up of 6 months.

Conclusions: Medial thigh lift is a reproducible method for contouring the medial thigh in MWL patients. There is no fixed technique for all cases but the technique was determined after addressing both vertical and horizontal excess. As Lockwood medial thigh lift (transverse scar) does not address many of the anatomic issues encountered in MWL patients so vertical incision thigh lift with liposuction to medial side is preferred in the MWL patients (grade 3 on Pittsburgh rating scale).