

The Lockwood Body Lift

The effects of losing a large amount of weight, age, or heredity on your lower body, can be helped by a 'body lift' that restores a normal appearance.

A procedure at our clinic sees thighs, stomach, buttocks and flanks smoothed, flattened and sculpted in a single operation, saving time and producing a better cosmetic appearance, than having several operations in succession. With this procedure excess skin can be the most optimally redistributed and taut in all directions, while any resultant scars are confined to the 'bikini-zone' and can be well hidden.

Although a body lift procedure is not a suggested treatment for obesity, we work in conjunction with the 'Adipose Centre' of the University of Freiburg Hospital and its specialist departments.

Even before a planned weight loss, we will discuss the possibilities for skin tightening in advance and advise you about the procedures. This is particularly important for patients undergoing bariatric procedures such as stomach stapling or other food intake reduction procedures, as these interventions can result in significant weight loss over a short period of time. These operations are conducted in the 'General Surgical Department' at the 'Adipose Centre' of the University of Freiburg Hospital.

At a glance:

Length of procedure:

- 4-6 hours

Postoperative care:

- No sports
- No manual labour
- Bandages for six weeks

Anesthesia:

- Full anaesthetic

In-patient stay

- 7-10 days

Body Lift – Individual Advice

Your wishes and concerns are discussed in detail during a consultation with one of our specialists and a careful examination of your skin is carried out. A thorough examination of the legs, paying particular attention to varicose veins or lymphoedema is important for minimising the complications and maximising the success of the operation. An ultrasound scan may also be necessary. Photographs are then taken to help with surgical outlining and explanation and the operating options and procedures, including their risks and limitations are discussed with you. If needed, we can also discuss the upper body (arms, chest area, breasts and sides), for subsequent surgical planning.

Body lift – The Operation

As several procedures are performed in a single session, body lift surgery is a relatively large operation, which takes between 4 and 6 hours to complete. If you are healthy and have no pre-existing medical conditions or risk factors, there are minimal chances for any complications concerning the operation. As a rule you need at least 3-4 weeks until you are physically fit again.

With this operation, there is a risk of much blood loss and because of the size of the operation, we recommend that you make a blood donation of your own blood for use during the body lift. This also minimises the risk of any blood contamination problems through using others' donated blood. We are happy to advise you about blood donations and the blood can be given at the University of Freiburg Hospital.