

Body Lift: Five frequently asked questions.

During the course of our consultations we have noticed that many patients have similar questions about the body lift and we have listed the five most often asked and important below:

1. Why would a body lift be better than having a succession of smaller operations?

Previously several separate procedures were performed to reshape the lower body. In most cases a tummy tuck was carried out first, followed a while later by thigh tightening, and then a buttock lift. Consequently 2 – 2.5 years passed before the final result was achieved. So the first advantage a body lift has, lies in a considerable time saving. Secondly, by condensing all the procedures into a single operation, the body lift means excess skin can be more ideally distributed than could be achieved with several separate operations, thus producing a better cosmetic result for the client.

2. Why can massage and exercise not cause skin folds to reduce, or excess skin to retract?

A large increase in weight causes the skin to 'over-stretch'. This occurs because elastic fibres and/or the connecting tissues in the skin are pulled permanently apart and do retract again. This can even lead to a rupture of the connecting tissue fibres, called striae, which are also visible through the skin. When the skin reaches this amount of expansion no amount of cosmetics use or exercise will cause it to retract. However patients with less excess weight, and especially patients with thicker skin, who exercise for around one year, can regain their original skin condition. Similarly age can be a factor and the younger the person is, the greater the likelihood of regaining smooth skin.

3. Where should a body lift operation be performed?

Because of the size of the body lift operation and the possible blood loss involved, the body lift should be performed at a large clinic, (such as the Erich-Lexer-Clinic, working in conjunction with the University of Freiburg Hospital), as this means every eventuality can be considered and responded to and access to a blood bank is absolutely necessary.

The Lockwood Body Lift - at a glance

Length of procedure:

- 4-6 hours

Postoperative care:

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

Anesthesia:

- Full anaesthetic

Hospital stay:

- 7-10 days

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4. When will I be able to resume physical activity and play sports?

Until the stitches are removed, we recommend regular gentle movement. It would be wrong to suggest mainly staying in bed during the early phase following the operation. On the first day after the operation you should be able to get up and this is good for reducing the risk of thrombosis due to inactivity. Physical activities such as swimming or jogging can be resumed when the wounds have completely healed; approximately one week after the stitches have been removed that is about three weeks after the operation. Regarding starting work, those with clerical positions or whose jobs involve light physical duties can resume work about three to four weeks after the operation, while those whose work involves heavier physical activities can resume work after about six weeks.

5. Are the costs involved covered by the health insurance company?

Health insurance companies' criteria are

- 1) Functional interference i.e movement restriction because of skin folds.
- 2) Persistent rashes in the skin folds that will not respond to treatment for example ointments and skin care.

Another possible criteria is, if the skin folds grossly distort a patient. In this scenario each case is decided on an individual basis by the health insurance companies' medical services before the operation.

We can provide you with an expert medical opinion in support of your application to your insurance company, though we are not able to tell you, if you actually qualify under the insurance company's rules.