

## Body Lift

Relatively recently the importance of skin laxity and collapse of the outer hip, thigh and buttock regions has been recognized. In such cases, just as removing the excess skin and fat from the front of the body (abdominoplasty) makes sense, so does removal of excess skin and fat from the sides and back of the body. This is the concept of the "body lift."

The Body Lift is an extension of the "abdominoplasty" principle to reverse collapse of the whole flabby mid body, including abdomen, hips, thighs and buttocks. Because skin tightening and lifting occurs to all these areas, an entire body lift can be achieved with effective results and a return to a youthful figure. The operation is quite involved and takes around 6 to 8 hours of surgery. A hospitalization of 5 days is usually required with a recovery period of 3 to 4 weeks. The results achieved, for those who are willing to invest the extra time and effort, are, however, dramatic.

Suitability will depend on formal consultation where fitness for surgery will also be assessed and it will be decided if liposuction alone, abdominoplasty with liposuction or the body lift is more appropriate for the individual patient.

Contact The Aesthetic Center & Spa at 352-629-8154 for more information.