

GOLD COAST

**Plastic Surgery**



## ULTIMATE GUIDE TO A BODY LIFT

(07) 5598 0988

[www.goldcoastplasticsurgery.com.au](http://www.goldcoastplasticsurgery.com.au)

# WHAT IS INVOLVED IN A BODY LIFT?

For both men and women, a full body lift is an ideal body contouring surgery to improve the function and aesthetic of your whole body.

A full body lift is an extensive surgical procedure to remove large or excessive skin folds and fat from the hips, outer thighs, lower abdomen and upper buttocks. It is designed to address substantial skin laxity that develops in numerous areas of the body as a result of ageing, weight fluctuations, and in particular, radical weight loss. Just like a tummy tuck aims to remove excess fat and skin in the abdomen area, a full body lift is performed on patients with more severe laxity in multiple areas of the body. This means a body lift will usually combine multiple lift procedures, including an abdominoplasty, depending on the specific needs of the patient. As a result, a full body lift is a highly transformative surgical procedure.

## WHY UNDERGO A FULL BODY LIFT?

For people who've undergone dramatic weight loss, the remaining excess skin and stubborn fat can often detract from this incredible achievement. For patients like this, a body lift is the final step in their weight loss journey and can help complete the body transformation that they've worked so hard for. A body lift can not only help with the all-round aesthetics of your body by creating a more toned and youthful contour, but it also can improve how your body functions. For example, women who've undergone multiple pregnancies often find the strength of their core muscles have decreased substantially, while many patients who've achieved dramatic weight loss also struggle with chronic skin irritations beneath large skin folds. Through a full body lift, these issues can be treated effectively while achieving aesthetic improvements at the same time.

## AM I A GOOD CANDIDATE?

Like all surgical procedures, a full body lift is a highly individualised surgical option and designed to address specific concerns of each patient. Candidates for full body lift surgery are those with large amounts of loose hanging skin in multiple areas of the body such as the abdomen, the buttocks, the flanks and the legs. Although aimed at removing excess skin and fat deposits, and often done in combination with small amounts of liposuction, a body lift is not a weight loss surgery. Therefore, candidates for the procedure must be at a stabilised weight or near their ideal weight before considering a body lift.

## IDEAL CANDIDATES ARE THOSE WHO:

- Have significant soft tissue looseness in one or multiple areas
- Have realistic goals and good general health
- Are a non-smoker or have stopped smoking
- If they are a woman, do not plan on having more children
- Are able to take anaesthetic

## DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.



## BEFORE SURGERY RECOMMENDATIONS



Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.

Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery
- Any bad scarring or poorly healed scars after previous surgeries

## WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you can expect to:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery



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## WHAT HAPPENS DURING THE SURGERY?

The body lift procedure is performed under general anaesthetic and is essentially a combination of abdominoplasty, butt lift, thigh lift, and liposuction procedures.



Most commonly, incisions are made to the upper thigh to the waistline, as well as around the entire waistline. The incision length and exact locations will depend on the specific areas that require treatment as well as the amount of excess skin that needs removing. Excess skin is removed, and small amounts of targeted liposuction is used to get rid of stubborn fat deposits.

Once the skin is removed, the remaining skin is pulled tighter and sculpted to your new body contour and shape. A complete body lift treats the buttocks, abdomen, waist, hips and thighs in one procedure. A circumferential incision is made around the body and an apron of excess skin and fat is removed before tightening the remaining tissue.

In extreme cases, where excess skin laxity is substantial, patients may require multiple operations in order to achieve full results. Similarly, the total length of time required for the procedure will vary substantially depending on your personal circumstances.

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## WHAT RISKS MAY BE INVOLVED?

Like any major surgery, a full body lift poses a risk of bleeding, infection and an adverse reaction to anaesthesia. It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure.

You can help minimise certain risks by following the advice and instructions of your surgeon, both before and after your surgery. If you have any concerns about the risks involved with breast implant removal surgery, please consult Dr Mark Doyle and his team at Gold Coast Plastic Surgery.



# RECOVERY FROM A FULL BODY LIFT

When surgery is complete, you will be taken into a recovery area where you will be closely monitored. You will most likely stay in hospital for a few nights unless otherwise informed.

This is what the recovery process may look like:

- Small drain tubes will have been placed within the abdominal tissues to help avoid an accumulation of fluids. These drains will likely stay in for the first 7 days after surgery. Our nurses will call you daily to record the amount that has drained from your body.
- A small tube will have been placed within the abdominal tissues which are connected to a plastic bottle containing local anaesthetic which is slowly infused into the tissues to decrease pain. This is called a "pain pump" and normally works for the first 3 days following the surgery.
- Your incision will most likely run from your hip all the way around to your hip again and there will be internal sutures that will dissolve in up to 6 months post-op.
- The incision will be covered by prineo tape (clear, waterproof skin closure system) over the suture line with a large dressing tape covering your abdomen, and a tight abdominal binder. The tape will remain for 3 weeks whilst the outer dressing may be removed before leaving the hospital.
- Expect your body to have some pain and discomfort. Some may find numbness in the area. If pain persists, please contact your anaesthetist to discuss this further.
- You will be encouraged to go for short walks to promote blood circulation and the risk of blood clotting the following day after surgery.
- It is advised that you try not to sit for long periods of time during the first several days and avoid straining, bending and lifting.
- Dr Mark Doyle will instruct you to sleep on your back with a pillow under your knees.
- Within a week of surgery, any surgical drains will most likely be removed.
- You may be instructed to wear a support garment 23 hrs per day for 6 weeks depending on where the incisions were made. Stitches will be removed in stages. Bruising and swelling will occur and disappear over a period of weeks.



## RECOVERY FROM A FULL BODY LIFT CONTINUED

- Approximately 10 days after surgery you will be reviewed by our nurse and during the visit, the sutures will be removed from your bellybutton site and your prineo tape will be checked.
- Approximately 3 weeks after surgery you will be reviewed again by one of our nurses and your Prineo Tape will be removed. During this visit, you will be shown how to ensure proper care for your wounds and healing journey.
- It is recommended that every 4-5 days the Fixomull is removed in the shower and the area is gently dried. Inspect the area for infection and apply a new stripe of Fixomull. Repeat until you are 6 weeks post operation.
- 6 weeks after the surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.
- You will be seen by Dr. Mark Doyle approximately 6 to 8 weeks post-surgery and will have further review appointments if required. During this time you will have postoperative photos taken for your medical records.

### IMPORTANT REMINDER

It is important to remind everyone that each surgical journey is different from the next and each individual's results and procedure may vary.

# COMMON QUESTIONS



## IS A BODY LIFT COVERED BY MEDICARE OR MY PRIVATE HEALTH FUND?

Medical reasons for a full body lift include:

Shoulder or/ & neck pain

Skin irritations due to excess skin

Back pain/back aches

Shortness of breath

Numbness in the hands and fingers

On average, a full body lift surgery can cost \$17,000\*+.

If it is considered medically necessary, Medicare may cover part of the costs. How much Medicare covers will depend on the nature of the surgery you require.

You will also need to provide details to your health fund to see if they will cover you and to what extent.

## IS A BODY LIFT PAINFUL?

Most surgery involves discomfort and pain during the healing stages. It can be difficult to predict the pain levels as each individual's pain and discomfort may vary.

## WHEN CAN I RETURN TO WORK?

The time taken to recover before returning to work or daily activities often varies depending on each person and their role at work. Typically most people return to work a few weeks after the initial surgery. It is recommended that no heavy lifting is done 12 weeks after surgery to ensure the body has had time to heal.

## HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive until you are able to move freely. This is due to the decreased movement in your abdominal area and the inability to move. Once you can move and react without pain and are no longer on any pain medication you may recommence driving. Please check with your insurance as each policy can be different.



## WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability. Smoking decreases the oxygen that is carried throughout your blood, therefore slowing the time taken for your skin to heal from a surgical incision.

## WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. However, after 6 weeks post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

## WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the swelling and lower the risk of blood clots. Sexual activity should be avoided for a minimum of 4-6 weeks. Light exercise may commence 4 to 6 weeks after surgery.

## WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 4 to 6 weeks. It is recommended that strenuous exercise is restricted for 8 weeks as it may increase swelling, bleeding or duration to the body's natural healing process. These activities include weight lifting, sit-ups and running.

## HOW DO I SLEEP AFTER SURGERY?

It is recommended to sleep with your knees slightly bent for as long as swelling persists. This will help swelling as well as help reduce the tension to your wound.

## WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 8 weeks of surgery due to infection as your wounds are not completely healed.

## HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

## OUR SURGEON DR MARK DOYLE

Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

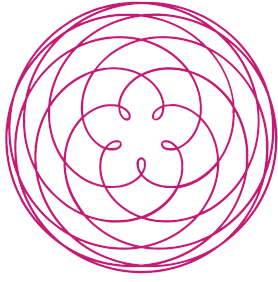
Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 26 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.





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## YOUR NEXT STEPS?

Schedule a confidential consultation with Mark Doyle by phone or in person.



(07) 5598 0988



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