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Ask the Expert: Thigh Reduction

By -Dr Jerome Edelstein, MD, FRCSC,

Q. I want to make my thighs smaller. One surgeon recommended a buttock lift to help, while another suggested a thigh reduction, even though there will be visible scars on my legs (which I don't want for the summer). What should I do?

A: There are several ways one can go about reducing the size of the thighs. Part of the decision involves determining what is making the thighs look bigger. Is it excess fat and extra skin, or large muscles and/or bones, or a combination of the two? If one has bulky thighs because of large muscles, then avoiding muscle bulking exercises can help. If one is "big-boned," there is not a lot that you can do about it.

Liposuction is an option if you have excess fat and good skin tone (elasticity). If there is extra loose skin, however, then some form of thigh lift is likely necessary. There are a variety of thigh lifts, depending on where the excess is located. If you have extra skin and fat on the upper inner thigh, then a medial thigh lift, often with liposuction, is a possibility. In this procedure, the incision is only made high up within the thigh crease, thereby avoiding a visible scar on the leg. If there is a general excess of thigh skin and fat, then you may require a full thigh lift, with a more visible scarring running along the inner aspect of the thigh down towards the knee.

Cost for thigh liposuction: \$4,000 - \$6,000

Cost of medial thigh lift: \$6,000 - \$7,500

Cost of full thigh lift: \$7,500 - \$9,500

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