

# Full Body Lift

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## Overview

A full body lift is a series of cosmetic procedures or surgeries that remove excess skin and fat that can remain on your body after massive weight loss. Changes to your diet and exercise can result in radical physical changes rather quickly; the resulting weight loss, however, does not include a reduction in the skin.

This inability for your skin to return to its original elasticity and shape results in visible changes to your shape that may not be physically or emotionally appealing. This can include:

- Sagging of excess skin in the upper arm region
- Loss of fat/sagging in the breast area
- Low hanging skin around the abdomen
- Excess skin in the thighs and buttocks



## What Does a Full Body Lift Include?

A surgical body lift will remove excess skin and fat that remains behind after massive weight loss. Contouring your body will not only improve your outward appearance but will help to shape the supporting tissue under the skin.

Depending on your desired cosmetic outcomes and results of massive weight loss, your body contouring procedures may include an:

- Arm Lift

This cosmetic surgery procedure removes excess fat and skin from your upper arm, resulting in toned arms and a reduction in "bat wings" or flabby under arms.

- Breast Lift

Breast lifts can help to shape and firm sagging breasts by removing excess tissue and skin. Some patients may also consider getting breast implants to help improve their overall shape.

- Tummy Tuck

Tummy tucks result in a flatter abdomen as they remove excess skin and repair weakened abdominal muscles.

- Thigh lift

A thigh lift surgery removes excess skin and fat that tends to accumulate in the inner thigh region. The results include a more sculpted and contoured thigh.

## **Is Cosmetic Surgery After Massive Weight Loss Right For You?**

Body contouring may be the right choice for you if you're experiencing excess skin or stubborn areas of fat after losing weight through diet, exercise, or weight loss surgery.

Schedule an appointment with a board-certified plastic surgeon who can complete a comprehensive health check to determine the best body contouring procedures for your body and health.

Full body lifts can change your overall appearance, with mostly permanent results. Some patients may experience scarring—but that can fade over time if properly cared for.

## **Treatment for a Full Body Lift is Safe When Performed by a Board-Certified Plastic Surgeon**

While most cosmetic surgery procedures for body contouring involve significant downtime, the results include a more sculpted and contoured figure, improving your self-confidence and emotional outlook on your body.

Post-surgery, you may experience bruising, tenderness, and swelling that can last for several weeks to months. For some, more serious but rare side effects include infection, persistent swelling, and unevenness in your contours after you've healed.

A board-certified plastic surgeon will help determine if you're the right candidate for body contouring after weight loss and will look at the following factors:

- Your weight
- Your overall health and any conditions that may affect recovery or surgery
- You are a smoker
- Your goals are realistic for your body
- You're pregnant