



Peter Callan Plastic Surgeon

Peter Callan Plastic Surgeon specialising in Cosmetic Surgery, Breast Surgery, Hand Surgery and Treatment of Skin

Body lift

What is it?

Body lift is an abdominoplasty, thigh lift and buttock lift all in one. This excess tissue is usually caused by stretching from childbirth or weight loss.

Is Mr Callan experienced at this procedure?

This is an important question to ask. Not only is Mr Callan experienced at this procedure, but he performs body lift regularly and keeps up to date with the latest techniques. It is also important to know that as a fully trained plastic surgeon Mr Callan performs this procedure to the high standards of Australian Plastic Surgery.

Can I see photographs?

You can see photographs in our office when you have a consultation. As Mr Callan performs body lift frequently, there are large numbers of photographs to look at many of which will be of patients with a problem similar to yours. We do not publish photographs on the web for a number of reasons, but the most important of these is that you need realistic photographs for the particular type of body lift you will need.

Who has body lift?

Men and women have bodylift. Women usually have a bodylift after they have finished having children and are left with excess tissue on the abdomen, hips, thighs and buttocks. Men or women after significant weight loss are also candidates.

Am I suitable?

You need to be sensible, honest about your reasons, happy with your informed decision, and be as healthy as possible. A time of personal crisis is no time to be making decisions about such surgery. Some women may need more discussion if you have a family history of breast cancer, as the tissue on the abdomen can be used to reconstruct an absent breast, an opportunity that will be lost if this tissue is removed.

What would stop me from having the surgery?

You must not be smoking, outside the BMI range of 18-28 (although this may be a little modified in massive weight loss patients), under stress when making your decision, or have a medical condition that would make surgery unsafe.

How is it done?

Body lift surgery is done in a fully accredited hospital. Depending on the type of body lift you have, an incision is made from the pubic hair line and across towards the hips, around the waist and to the midline in the back and the excess tissue removed. The remaining skin on the abdomen is stretched down to the incision line and a flatter, smoother abdomen will result. The hips and buttocks are lifted up to the incision line and a tighter waist and buttock are achieved.

What are the benefits?

This is entirely a personal matter. If the weight and size of the excess tissue distresses you, then removing it may be a great relief. It will also help your appearance and may even help with some aches and pains associated with the weight of the tissue removed. In addition if the tummy muscles have remained split after pregnancy, tightening them can help with exercise and back pain.

What are the risks?

All surgery carries some element of risk. You can minimize your risk by being as healthy as possible and as psychologically prepared as possible, by selecting an experienced and qualified surgeon, and giving yourself a stress free time during which to recover. Despite this there are some risks that you will need to discuss. The most common of these is a fluid collection under the skin. Occasionally the incision may take a little extra time to heal, but overall this procedure usually goes very smoothly. There are other risks common to all surgery, and you should be aware of these.

Are there scars?

The incision lines for the surgery are always present, but fade over the first six to twelve months. While always visible, as a rule the incision lines become relatively inconspicuous in most, and can be covered by clothing.

How long am I in hospital for?

Body lift usually requires an overnight or up to three night stay, depending how you pull up after the anaesthetic and how soon you get walking. Someone will need to take you home and should be with you the first night. Body lift is not a particularly painful procedure, but can be a little uncomfortable if the muscles need to be tightened. You will be given plenty of medication if it is required to keep you comfortable.

How long will I need to recover?

This varies but usually ranges from two to six weeks depending on what you do. If your activities are sedentary, then you may only need a couple of weeks, but if you do heavy work and lifting you may need up to six weeks. It's a good idea to take some time so as you don't put pressure on your recovery. The same guidelines apply to exercise, with mild to moderate exercise allowable early on to full aerobic activities by six weeks. By the way, you can shower after surgery. You must not drive until you are fully recovered from both the anaesthetic and the discomfort of surgery so as you are fully capable. If in doubt, don't.

Do I wear a garment after surgery?

You need to wear a pressure garment after surgery for three weeks. This helps the healing and reduces the possibility of fluid collections. It also acts like a girdle, keeping you compact.

Will I need to be seen after surgery?

Yes. We will keep in close contact with you while in hospital, then by telephone, then will see you about six days after surgery, then at three weeks, then at three months. You are of course welcome to call or visit anytime with any concerns.