



**PETER
CALLAN**
PLASTIC SURGEON

Body Lift

What is it?

Body lift is an abdominoplasty, thigh lift and buttock lift performed all together. Excess tissue (skin and fat) is usually caused by stretching from childbirth or significant weight loss.

Is Mr Callan experienced at this procedure?

Mr Callan has many years of experience at this procedure. He performs body lift regularly and keeps up to date with the latest techniques. You can be sure that, as a fully trained plastic surgeon, Mr Callan performs this procedure to the highest standard available.

Can I see photographs?

You can see photographs of people who have had this procedure when you have your consultation. As Mr Callan performs this procedure frequently, we have a large number of photographs of those you have had the type of body lift that you may be suitable for.

Who has body lift?

Men and women can have body lift. Women usually have a body lift when 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 and honest about your reasons for wanting a body lift and happy with your informed decision. You should also be as healthy as possible. A time of personal crisis is no time to be making decisions about such surgery. If you have a family history of breast cancer you will need to consider this 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 make me unsuitable for this surgery? Smoking, being outside the BMI (body mass index) range of 18-28, under stress when making your decision, or having a medical condition that would make surgery unsafe.

How is it done?

Mr Callan performs all his surgery at St John of God Hospital in Geelong, a fully accredited hospital. Depending on the type of body lift you have, an incision is made from the pubic hairline across to the hips, around the waist and to the midline in the back and then the excess tissue is 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?

What you get out of surgery is entirely a personal matter. If the weight and volume of the excess tissue distresses you then removing it may be a great relief and may make you feel better about your appearance in general. It may also help relieve 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 relieve back pain and make exercise easier.

What are the risks?

All surgery carries some element of risk. You can minimise your risk by being as healthy as possible and as psychologically prepared as possible, by selecting an experienced and qualified surgeon, and by giving yourself a stress free time during which to recover. The particular risks and complications of this surgery will be discussed at your first consultation. The most common of these is 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 will be made aware of these.

Will I have scars?

The incision lines for the surgery are always present, but fade over the first six to 12 months. As a rule the incision lines become relatively inconspicuous in most people 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 are after the anaesthetic and how soon you get walking. Someone will need to take you home from the hospital and should stay with you the first night. Body lift is not a particularly painful procedure but it can be a little uncomfortable if the muscles need to be tightened. You will be given 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 out from more strenuous activities so you don't prolong your recovery. The same guidelines apply to exercise, with mild to moderate exercise allowable early on and full aerobic activities after six weeks. You can shower after surgery. You must not drive until you are fully recovered from both the anaesthetic and the discomfort of surgery. 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 process and reduces the possibility of fluid collections. It also acts like a girdle and keeps you compact during recovery.

Will I need to be seen after surgery?

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