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MEDICAL TOURISM TURKEY

Back Lift

Sculpted Back, Confident Posture!

BACK LIFT SURGERY OVERVIEW

A Back Lift is a cosmetic surgical procedure designed to remove excess skin and fat from the upper or lower back, resulting in a tighter, more contoured appearance. This procedure is ideal for individuals who have loose, sagging skin due to aging, significant weight loss, or genetics. Many people seek a back lift to eliminate bra line bulges, improve posture, and achieve a smoother, firmer back contour.

TYPES OF BACK LIFT PROCEDURES



1. Upper Back Lift (Bra-Line Lift)

The Upper Back Lift, commonly known as a Bra-Line Lift, focuses on removing excess skin and fat from the upper back, particularly around the bra-line area. This procedure is ideal for individuals who experience skin folds, bulges, or rolls that make wearing fitted clothing difficult. The incision is typically made horizontally across the upper back, under the bra-line, allowing the scar to be hidden beneath clothing.

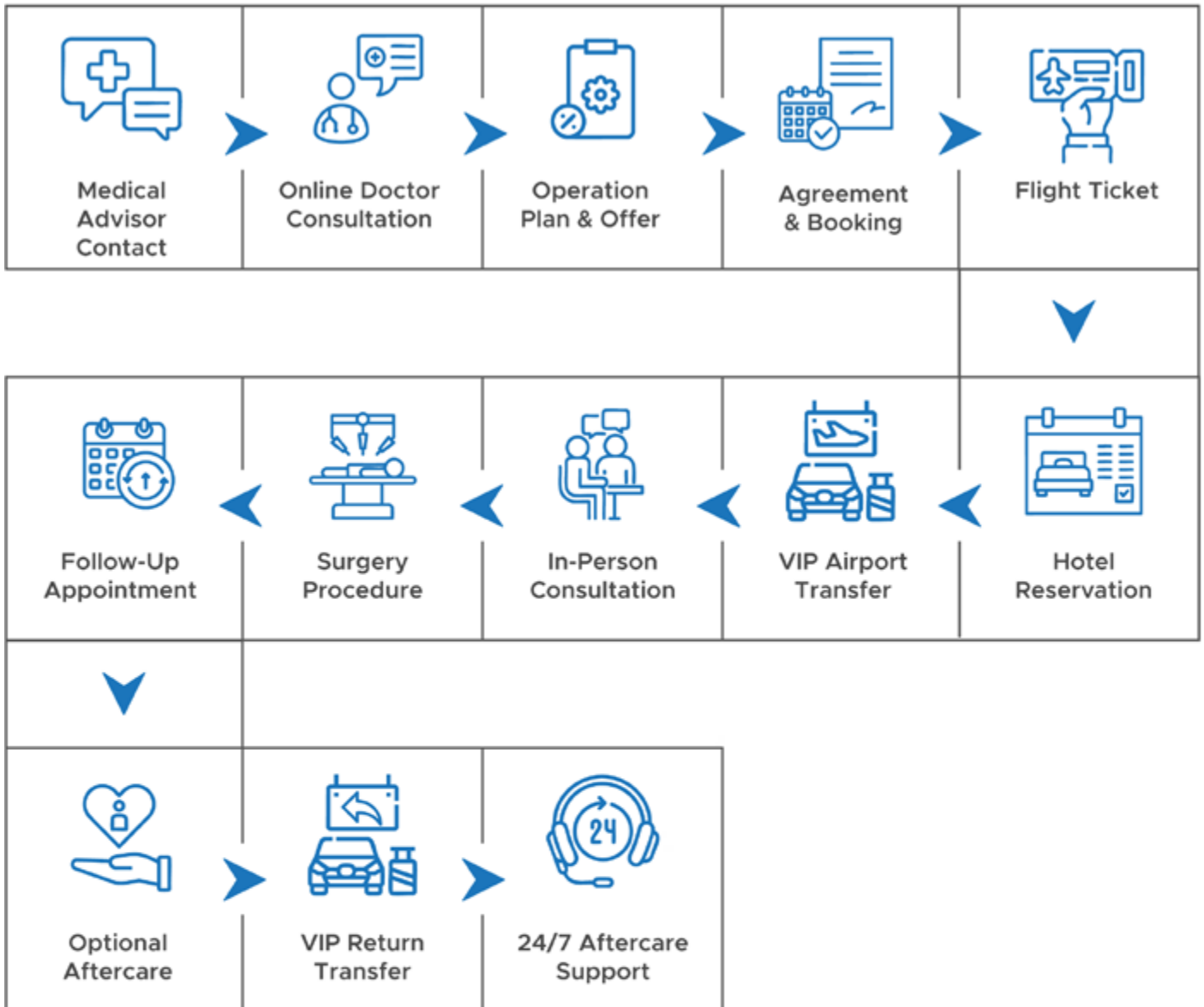
2. Lower Back Lift (Belt Lipectomy)

A Lower Back Lift, also called a Belt Lipectomy, is a more extensive procedure that removes loose skin from the lower back, waist, and flanks. It is often combined with a Tummy Tuck or a Buttock Lift to create a more sculpted and contoured silhouette. This technique is particularly beneficial for patients who have lost significant weight and have excess skin hanging around the lower back and sides.

3. Extended Back Lift

The Extended Back Lift is a comprehensive procedure that targets both the upper and lower back, removing excess skin and fat while improving the contour of the waist and back. This method is recommended for massive weight loss patients or individuals with significant skin laxity on their entire back area.

STEP-BY-STEP OPERATION GUIDE



OPERATION PROCESS

			
Total Stay 7 Nights	Operation Duration 3-6 Hours	Anesthesia Type General	Techniques Inverted T / Vertical

BACK LIFT PROCEDURE



1. Consultation & Preparation

The surgeon evaluates skin and fat, explains options, and gives pre-op instructions (e.g., stop smoking, avoid certain medications). Blood tests or imaging may be required.

2. Anesthesia

Performed under general anesthesia, lasting 3–6 hours.

3. Incision & Skin Removal

Incisions are made on the upper or lower back, excess skin is removed, and remaining skin tightened. Liposuction may be added if needed.

4. Closure & Bandaging

Incisions are sutured, dressings applied, and a compression garment is used to minimize swelling.

5. Recovery & Discharge

Patients are monitored for several hours, often stay overnight, and receive detailed post-care instructions before discharge.

RECOVERY AFTER BACK LIFT SURGERY



First Few Days: Swelling, bruising, and mild discomfort are expected. Patients must wear a compression garment to minimize swelling and support healing. Pain medications and antibiotics are prescribed to manage discomfort and prevent infections.

First 2-3 Weeks: Patients should avoid strenuous activity, lifting, and bending. Light walking is encouraged to improve circulation and prevent blood clots. Most patients return to work within 2-3 weeks, depending on their job and activity level.

4-6 Weeks: The majority of swelling subsides, and final results begin to take shape. Patients can resume light exercise but should still avoid intense physical activity.

3-6 Months: Full results are visible as scars fade and the skin adjusts to its new shape.

BACK LIFT SURGERY BEFORE / AFTER





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