

A close-up portrait of a woman with blonde hair pulled back, looking slightly to the right with a soft smile. Her eyes are a striking blue, and her lips are painted a vibrant pink. The background is plain white.

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# TOP QUESTIONS ASKED

Before undergoing plastic surgery abroad

## BODY LIFT

Depending on the location of the surplus skin, patients may choose to undergo either tummy tuck, arms lift or thighs lift.

An excess abdominal skin and a laxity of the muscles of the abdominal wall will necessitate abdominoplasty, while hanging skin under the arms will require arm lift (brachioplasty). Wrinkling and excessive bagginess of the thighs often requires lift of the inner thighs.

### ***Am I a good candidate for a body lift surgery?***

Body lift is an extremely effective plastic surgery procedure for patients with excess skin, fat, and other tissues that linger after substantial weight loss.

You are a good candidate for body lift surgery if you:

- Have lost between 30 and 50 percent of your peak weight;
- Suffer from drooping skin, fat and tissue around your abdomen (although if this is mostly fat, you may need to lose more weight before pursuing a body lift);
- Have stable weight, since fluctuations could interfere with the results of this procedure. Most plastic surgeons recommend waiting approximately two years after reaching your weight loss goals to pursue surgery, which gives your skin time to accommodate and helps to ensure that you will not regain weight after surgery;
- Be in good overall health, able to undergo general anesthesia and recover well from surgery;
- Do not plan to become pregnant after surgery, since this could reverse the outcomes of your body lift;
- Are committed to maintaining excellent nutrition and exercise so that you can heal properly and continue to enjoy the benefits of your procedure. It is particularly important that you eat a protein-rich diet before and after the surgery to fuel your recovery;
- Do not smoke or drink alcohol to excess;
- Have realistic expectations for the results of the surgery. Although your surgeon will work to make them as subtle as possible, you will most likely have scars from your incisions, and your skin may begin to sag again with ageing;

- Are in good mental and psychological health, since plastic surgery can be a long and emotional process for some patients;
- If you have lost weight due to bariatric surgery, your plastic surgeon will need your bariatric surgeon's approval to perform the surgery.

### ***What is being done during the surgery? What will be the result? Will there be a scar?***

For a tummy tuck, please go to this page: <http://tummy-tuck-abroad.co.uk>

For a **thigh lift**, excess skin is lifted and removed through incisions made in the inner thigh and/or upper outer thigh. The incisions are extensive but are usually not visible when clothing is worn. Simultaneous lifting of the thighs and buttocks is done when necessary, though buttock lift is not a common procedure, because it requires leaving scars across the buttock or in the fold. This is usually not desirable and patients opt for liposuction instead.

**Arms lift** is designed to remove excess, sagging skin and fat from the upper-inner arms. The incision is generally placed within the upper-arm from the armpit to the elbow. If a patient has no loose skin on the upper-inner arms but only localized areas of fat, then he or she may be a candidate for [liposuction alone](#) without the removal of skin.

You will notice an improvement in your body contour immediately. However, your shape will continue to improve in the following weeks as the mild swelling subsides. As a result of your body contouring, you should be able to look as good as you feel and enjoy your new body shape.

### ***What about the length of the stay abroad (in Lithuania) and recovery period?***

To guarantee your safety it is required to stay in Lithuania for 5 days following the surgery.

You should be able to resume your normal daily activities within several days following the surgery. All of your physical activities are allowed within three to four weeks of the surgery.

### ***What about the possible complications and what if something goes wrong?***

Complications are rare. They include bleeding, infection and healing problems, which can lead to heavy scars. Some lack of symmetry may also occur. Because the skin is undermined, there is a slight risk of inadequate circulation and loss of some skin. This risk is greater for smokers and patients with specific kinds of old scars.

The highest risk for complications to occur is the first days following the surgery (while you are still in Lithuania). In case you are feeling unwell or there is anything abnormal, you will be immediately checked upon by the medical personnel. Should there be a need for a follow-up procedure, it would be carried out for you free of charge.

Complication in the later stages of the recovery is extremely rare and most of the time not immediate. If they happen, our surgeon would consult you online and explain the steps to take. In case a follow-up procedure is needed, it would be done for free at the clinic. However, the transport & accommodation would not be covered by us.

**Approximate all-included price for arms lift: €2050\* | thighs lift: €2490\***

**Includes:** everything for the treatment, anesthesia, 1 night of hospitalisation; all the needed help with the trip, such as finding best airplane ticket deals, accommodation booking, meeting at the airport, personal driver within Lithuania, phone+SIM card for unlimited calls in Lithuania; needed consultations, medical tests, 24/7 assistance in Lithuania in case something is needed, help with after-care, insurance of up to € 35,000 against injury resulting from malpractice.



*“I chose Wellness Travels to organise my surgery in Lithuania and I have to say I didn’t find any problem with them from the moment I booked till the moment I left. My travel assistant was lovely. Staff and doctors at the clinic were amazing. I will definitely be back for further surgeries” – Nicola, Ireland*

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\* Given price is approximate and may slightly vary depending on every individual case. The exact price is determined after a free and non-binding Skype consultation with our surgeon (alternatively, one could send photos of the treatment area(s) **directly to the surgeon for evaluation via a safe inquiry form on our website**).

Discounts apply if multiple procedures are combined (may not be possible due to safety concerns).



## WHY LITHUANIA?

Lithuanian health care is known for transparency and quality. The country is EU & NATO member for more than 10 years, has € as its currency and strictly meets all of the Western medicine standards. Yet, due to lower taxes and less expensive labour, it has a price advantage. This means that you will pay mostly for the treatment. All in all, Lithuania is regarded as a superior quality care provider at fair prices.

- ✓ Experienced physicians;
- ✓ State-of-art technology;
- ✓ Latest treatment methods;
- ✓ Maximum safety;
- ✓ 3x lower price than in the UK/Scandinavia/Holland;
- ✓ Round trip flights for €100 / £73.



Lithuania offers a wide list (around 1000) of sightseeing objects. Here you will definitely discover something that you have never seen anywhere else.



## 1-3 HOURS FLIGHTS

*The country is easy to reach from anywhere in Europe! Well developed, affordable and abundant air-travel makes it easier than ever. Direct flights available from UK, Ireland, Benelux countries, Germany and Scandinavia usually take just 1- 3 hours.*

## What are the next steps?

### 1 Contact us

Once you know what you would like, contact us via email, phone/Skype, Whatsapp/Viber. You could also contact our surgeons directly via a safe inquiry form on our website.

### Get a quote

### 2

We will provide all the necessary information and send you an exact quote. You can also have a free and non-binding consultation with your surgeon.

### 3 Make your decision

If all seems fine, we will provide you with contracts for medical services; help you with flights and travel; and book accommodation and everything else for you.

### Get your surgery done!

### 4

Few days before the departure, you will receive a travel information package; and, finally, we will meet and greet you at the airport in Lithuania.

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*The fastest way to get an exact quote is to contact one of our surgeons directly. You can do that by [clicking here](#) and filling-in a safe inquiry form. The surgeons will then evaluate your case and provide recommendations. We guarantee that your personal information will be kept securely and handled properly.*

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