

Body Lift

Arms, Buttocks & Thighs — Your Friendly Guide to Full Body Contouring

Your friendly, plain-English guide to what to expect — from start to finish.

What is a Body Lift?

A body lift is a surgical procedure that removes excess loose and sagging skin from multiple areas of the body — commonly the abdomen, buttocks, thighs, hips and upper arms. It tightens the underlying tissue, removes excess fat, and creates smoother, more toned body contours.

No amount of exercise can fix excess skin. Whether the cause is significant weight loss, pregnancy, ageing or genetics, once skin loses its elasticity it cannot bounce back. A body lift is the only procedure that truly addresses this — and the results can be genuinely life-changing.

Before & After — What Changes



Illustrations are for guidance only. Individual results vary.

Areas That Can Be Treated

✓	Abdomen — locally or extending around the sides and into the lower back
✓	Buttocks — sagging, flat or unevenly shaped
✓	Thighs — inner, outer, posterior or circumferential
✓	Groin area — sagging into the inner thigh
✓	Upper arms — the armpit region and beyond (brachioplasty)

A lower body lift treats the buttocks, abdomen, waist, hips and thighs in one procedure using a circumferential incision around the body. A thigh lift or arm lift may be performed separately or combined.

Common Causes That Lead to a Body Lift

Many conditions can result in the loose skin that a body lift addresses:

✓	Significant weight loss — especially following gastric bypass surgery
✓	Stress on skin from pregnancy
✓	The natural ageing process — skin loses elasticity and tone
✓	Sun damage and environmental factors contributing to premature skin ageing
✓	Heredity — your genetic body type and skin quality
✓	Childhood or teenage obesity causing premature loss of skin tone

What Areas Can Body Lift Surgery Address?



Abdomen



Thighs



Buttocks



Arms



Flanks

How the Surgery Works — Step by Step

1

Anaesthesia

Body lift procedures are performed under general anaesthesia. Depending on the areas being treated, this can be a longer procedure.

2

Incisions placed

Incisions are placed in strategic locations designed to be hidden by most clothing and swimwear. For a lower body lift, a circumferential (bikini-pattern) incision is made around the body. Thigh lift incisions sit in the groin. Arm lift incisions run along the inside of the upper arm.

3

Excess tissue removed

Excess skin and fat is removed. Deep support sutures within the underlying tissues help form and hold the newly shaped contours.

4

Tissue tightened and repositioned

The underlying supportive tissue is tightened and reshaped. For the buttocks, tissue is repositioned to create a lifted, rounded appearance.

5

Skin smoothed and closed

Overlying skin is smoothed over the new contours and incisions are closed with sutures, skin adhesives, tapes or clips.

6

Compression applied

You will be wrapped in an elastic bandage to support the new contours as you heal. Small drain tubes may be temporarily placed to remove excess fluid.

Recovery Timeline

Timeline	What to Expect
Days 1–5	Swelling, bruising and discomfort — managed with medication. Avoid bending, straining or lifting. Sleep with knees elevated if abdomen or thighs were treated.
Days 7–14	Sutures removed. Some patients begin to stand more upright. Light walking is important from early on.
Weeks 2–3	Return to light normal activity. Most visible bruising resolved. Compression garment worn as instructed.
Weeks 4–8	Progressive return to normal activities. Avoid vigorous exercise until cleared by your surgeon.
Months 3–12+	Final results visible as swelling fully resolves. Scars hidden by clothing and swimwear continue to fade.

Risks

!	Bleeding, infection, fluid accumulation (seroma)
!	Delayed or poor wound healing — particularly relevant in larger body lifts
!	Skin loss
!	Blood clots — walking early is important to reduce this risk
!	Excessive or widened scars
!	Numbness and changes in skin sensation
!	Irregular or asymmetric contours

Please ensure all personal medications are fully disclosed to your surgeon on your medical assessment form, and that all medications are handed to the nursing station on the day of your procedure. Please note that blood thinning medications — including certain vitamins and supplements such as fish oil, vitamin E, garlic, and aspirin — must be ceased at least two weeks prior to surgery, as directed by your surgical team.

Cost Comparison — India vs New Zealand

Cost Item	India (NZD approx.)	NZ (approx.)
Lower body lift (full circumferential)	~ \$5,000 – \$8,950	~ \$25,000 – \$45,000
Thigh lift (medial or outer)	~ \$5,400 – \$6,500	~ \$12,000 – \$20,000
Arm lift (brachioplasty)	~ \$5,500 – \$6,000	~ \$12,000 – \$18,000
Combined procedures (quoted individually)	On request	On request
Mummy Makeover includes 360' liposuction with fleur-de-lis abdominoplasty plus breast lift with fat transfers to breasts	~ \$10,500 – \$12,000	~ \$40,000 – \$55,000
Extreme Makeover with 360' liposuction of abdomen, flanks and lower back, extended tummy tuck and vertical lift	~ \$8,950 – \$10,000	~ \$25,000 – \$45,000

All surgical costs paid directly to the hospital. JBTG logistics, airfares and accommodation quoted separately.

Please note: GST of 18% is applicable on all cosmetic surgery procedures performed in India and will be added to your surgical quote by the hospital.

Please note: Where multiple procedures are recommended, your surgical team may perform these in two separate sessions during one trip, or — where procedures are more extensive — may advise a gap of up to four months between surgeries for your safety and to optimise your results.

About JBTG Limited's Role

JBTG Limited (Bums, Tums & Gums) is your logistics organiser and tour escort — not a medical professional. Your surgical contract, all clinical decisions, and your medical records are between you and the hospital directly. Our job is to get you there safely, support you throughout, and bring you home.

Insurance — What You Need to Know Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enroll directly through our dedicated link at

www.globalprotectivesolutions.com/enroll/bumstumsgums. A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel

Ready to Find Out More?

Getting started is simpler than you might think:

1

Get in touch

Call or email us for a no-obligation chat. Tell us a bit about what you're hoping to have done.

2

We connect you with our India brokers

Our trusted on-the-ground medical brokers identify the right surgeon and hospital for your specific needs.

3

You receive a personalised quote

The surgical team provides a detailed quote once your information has been reviewed.

4

We arrange everything

Flights, hotel, all transfers, and your full logistics package — all taken care of.

5

We travel with you

You're not going alone. Your JBTG escort accompanies you throughout the entire trip.

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Body Lift patient guide | All surgical costs paid directly to the hospital | JBTG Limited provides logistics only