

Skin Tight

Skin Tight Gallery:



Many people who have lost a substantial amount of weight are overjoyed at their success. But after losing weight you may still have some to lose due to the heavy folds of skin left that can be left behind, reminding you of your former self. Surgery can remove the extra skin and improve the shape and tone of tissue in your arms, thighs, breasts, buttocks and abdomen. Plastic Surgeon Gary Ross explains to The Cosmetic Surgery Guide what options are available to patients after bariatric surgery.

Body contouring after major weight loss reduces the excess skin and fat that is left behind after a major weight loss. The expansion of skin, loss of fat and lack of tissue elasticity results in sagging skin that commonly develops around the face, neck, upper arms, breast, abdomen, buttocks, and thighs and can make your body contour appear irregular.

The success of body contouring, whether it is done to reduce, enlarge or lift, is influenced by your age and by the size, shape and skin tone of the area to be treated. Some contouring procedures leave only small, inconspicuous scars. More noticeable scars may result when surgical removal of fat and skin is necessary to achieve your desired result. Most patients find these scars acceptable and enjoy greater self-confidence.

Any area that affects the patient could potentially be treated by surgery. Generally the abdomen is probably the commonest area that patients wish to have addressed. Options involve panniculectomy (removal of overhanging tissue only), abdominoplasty (tummy tuck) and total body lifting (removal of tissue circumferentially around the body).

Arm lifting and thigh lifting are also commonly performed to remove excess tissue and improve contour while mastopexy implant is the most commonly performed rejuvenation procedure for the breast. Above all, body contouring surgery must be tailored to the patient's individual needs and requirements, and treatments must be individualised accordingly.

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So when is the right time to consider corrective surgery?

Simply: when the time that's right for you. If you have undergone dramatic weight loss either through diet and exercise or bariatric surgery, and you are at your optimum weight loss goal, you may be a good candidate for this surgery and may wish to consider undergoing body contouring rejuvenation. Ideally you should be fully prepared for the surgery and understands the risks and limitations and what is achievable.

With all operations there are risks of having a general anaesthetic and risks of the operation itself. Risks of any operation include scarring, change in sensation, pain, swelling, seroma, haematoma, poor wound healing. By keeping operative times to less than 4 hours and involving a number of surgeons one can limit the operative time and decrease the general anaesthetic risks.

Through recent advances in all types of body contouring surgery, it is now possible for many patients to have a more proportionate body, better body image, and more self-confidence. It is important to consult with someone with experience in this area of surgery who can talk through the risks and complications and benefits and show you examples of his/her work +/- meet previous patients.

Always consult with someone that has experience in this area and who can show you results of their work and put you in contact with previous patients. You must trust your surgeon and trust they will look after you before during and after the surgery.



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