

Body Contouring with Massive Weight Loss (MWL)

Congratulations on your achievement in losing unwanted pounds. It is hoped your overall health has improved dramatically and that you've even rid yourself of some diseases. As you already know, there are some undesirable effects of losing massive amounts of weight, prompting your visit to discuss your options.

Before any contouring procedures are done, it is imperative that you've reached your plateau or goal weight and have been able to maintain it with your activities and diet. Some procedures adversely impact your nutritional status as well and you should be certain that you have no nutritional deficiencies before having any surgical procedures.

Medical insurance may cover certain procedures, if you can prove refractory rashes or other symptoms that are attributed to your excessive skin. This usually involves skin resection procedures such as a panniculectomy. These procedures focus on removing the problem and aesthetics are not a priority.

Many procedures can be employed when dealing with excessive and loose skin. Starting at the top, a facelift or neck lift would address head and neck issues. Arms can develop 'batwings' where brachioplasty would remove the skin and contour the arms. Breast lifts (or even reductions) address the drooping that occurs with weight loss. Tummy tucks or belt lipectomies address the abdomen and thigh lifts and buttock lifts address specific anatomical regions. Liposuction may be added if thought to be beneficial with your end results.

Contouring following massive weight loss produce some of the most challenging procedures facing Plastic Surgeons. End results are difficult to predict, there are increased risks for complications, and the skin continues to relax and wrinkle after the procedure, adversely impacting the outcomes. Add the unrealistic expectations the television reality shows produce and there is a high risk for patient discontent.

Procedures may have to be staged where you will be having procedures every 3-4 months. It isn't wise to do thighs and arms at the same time as it would limit your ability to move around. Subsequent procedures are also opportune times to revise anything that may need attention.

Finally, anticipate that you will need revisions or re-dos as loose skin is very challenging to remove at the right tension that provides perfect results. Revisions will add to your costs and can be significant if the operating room is needed but is well worth it when trying to achieve the best results possible.