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## FAQ's about Post-weight Loss Body Contouring

**What is post-weight loss body contouring?** Surgically reshaping the skin and soft tissue of the body after dramatic weight loss corrects problems like loose sagging skin, isolated pockets of fat and uneven or undefined curves. Areas treated may include:

- The face and neck
- The upper arm, from the axilla (underarm) to the elbow
- The upper and lower abdomen, including love handles and flanks
- The hips and buttocks, inner and out thigh extending to the knee in some cases
- Inner and outer thighs

**Why might I consider post-weight loss contouring?** Weight loss, whether medically assisted or through your own efforts, can be a challenging experience. Often, although the weight is lost, you may be unhappy with your resulting appearance as your skin may not conform to body contours and pockets of fat resistant to diet and fitness.

**Who is a candidate for post-weight loss contouring?** Women and men of various ages and from many circumstances choose post-weight loss contouring. Whether you have had medically assisted weight loss, or lost weight after multiple pregnancies, these factors generally define good candidates for post-weight loss contouring procedures:

- The proper timing of surgery is approximately 18 months following your bariatric procedure or when you have obtain a stable weight or are close to your ideal goal weight
- You can clearly define what you hope surgery can achieve for you
- You understand what post-weight loss contouring can and cannot accomplish
- You accept the potential risks of post-weight loss contouring and your responsibilities as a patient
- You are healthy, emotionally secure and you're stable
- You accept that you will need to make healthy lifestyle choices to maintain the results achieved by post-weight loss contouring
- You have realistic expectations and are willing to accept minor asymmetries
- Accept scarring often significant although often hidden well in normal creases of the body

## What should I know about post-weight loss contouring?

- Post-weight loss contouring is generally performed in stages. Some procedures may require an overnight stay in the hospital, however most procedures may be performed on an outpatient basis
- Scars are a normal outcome of surgery and can generally be concealed by modest clothing. The location and pattern of your incisions and the resulting scars will be discussed during your consultation

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- Post-weight loss contouring is performed under general anesthesia, more limited procedures, such as arm-lift may be performed under local anesthesia with sedation
- Recovery ranges from several days to several weeks depending on what kind of procedure you have
- Results may be permanent, but weight loss/gain or pregnancy can change your results. Normal aging and gravity may affect your outcomes
- You will need a capable adult with you for 24 hours after your release from the hospital or recovery center
- All surgeries carry the potential for risks which will be fully discussed with you during your consultation

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