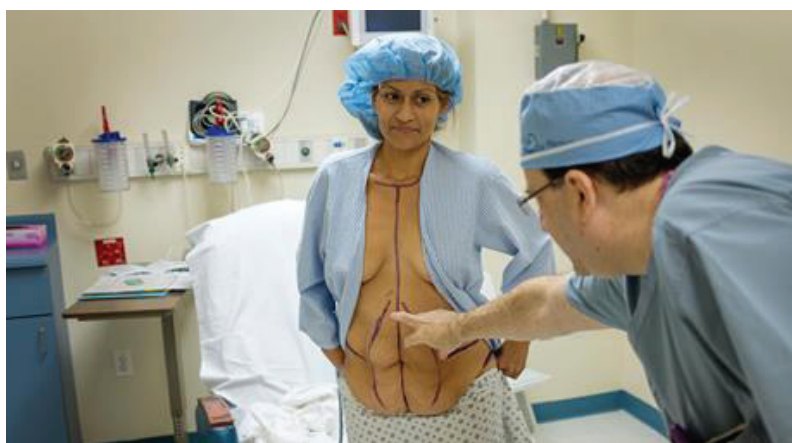


# Post Massive Weight Loss

A patient who has lost a significant amount of weight due to diet, exercise, or most commonly, a surgical procedure (e.g. gastric bypass, banding or stapling) is frequently left with a moderate to severe amount of excess skin and soft tissue around the trunk and extremities. This extra tissue is often uncomfortable for the patient and may make it difficult for them to fit into clothing. It also makes the patient prone to infections and rashes, as well as emotional and psychological distress.

Massive weight-loss patients often seek out a plastic surgeon to alleviate their symptoms and refashion their shape. Summarized below are some of the most common procedures for body recontouring:

1. Panniculectomy/Abdominoplasty: The excision of hanging lower-abdominal skin and fat, which is sometimes combined with tightening the abdominal muscle wall. This is the most common contouring procedure and has a very high satisfaction rate.
2. Circumferential Body Lift: A panniculectomy combined with excision of hip and back tissue resulting in a buttock lift at the same time.
3. Breast Reduction/Lift: The reshaping, lifting and/or reducing the breasts.
4. Brachioplasty: The excision of hanging skin of the upper arms.
5. Thigh Lift: Several techniques are available for reducing and tightening loose, hanging thigh skin.



Because of the nature of massive weight loss, patients will experience skin and soft tissue laxity throughout their body (not only the trunk), therefore, they may need to address multiple areas. This can be determined at the first consultation.

It is also important to note that when trying to refashion the body, each area affects its adjacent region. For this reason, we start the body contouring centrally and work our way peripherally (i.e. first lower trunk, then upper trunk and breasts, extremities and face).

Generally panniculectomies and breast reductions are the only procedures covered by insurance. All other refashion/contouring procedures are considered cosmetic.



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# MONICA'S *Story*

Monica struggled with her weight for years. By age 34 her weight had increased to 298 lbs. She decided to undergo bariatric surgery. A year following her gastric bypass surgery, she had lost 125 lbs, but her body image was still impacted by long folds of hanging skin and soft tissue.

After consulting with us, she decided to proceed with a lower body lift. We removed excess skin and tissue of the lower abdomen, flanks and back, as well as recontoured her torso. She has done beautifully. Monica now enjoys all the health and emotional benefits of reduced weight, improved body image and increased energy.



“Amazing! I could not believe the difference between my before and after photos. Dr. Rishavy performed an artistic miracle. I had no idea I had a shape under all of that skin! The staff was very compassionate; never did I feel uncomfortable.”

~ Monica