

The NewYork-Presbyterian  
Center for Aesthetic Surgery



*body  
contouring*  
Following  
Weight Loss  
Surgery

Department of Surgery  
Division of Plastic Surgery  
Columbia University Medical Center

 **NewYork-Presbyterian**  
 The University Hospital of Columbia and Cornell



## *Body Contouring Following Weight Loss Surgery*

Following significant weight loss, achieved by bariatric surgery (gastric bypass, gastric banding, or other procedures), patients typically have areas of undesirable excess skin. This commonly includes excess skin of the abdomen, breasts, arms, and thighs. Body contouring is often a complement to weight loss surgery. It is the next progressive step which serves to refine the results achieved by bariatric surgery. Our staff understands your desire to look and feel your best after weight loss surgery. We wish to work with you in this final stage of your weight loss journey until you are completely satisfied with your new body image.

We would like to stress that body contouring provides an additional quality-of-life benefit following massive weight loss. Surgery to remove the excess skin helps prevent fungal infections that are often found between skin folds in overweight people. In addition, the presence of a large pannus, the apron of skin below the abdomen, prevents patients from losing further weight and having active lifestyles.

Through body contouring procedures, our plastic and reconstructive surgeons can safely and effectively reshape the body where excess skin remains and provide patients with an opportunity to emerge healthier—emotionally and physically. Members of our staff would be happy to discuss the various surgical options that will allow you to optimize your appearance following weight loss surgery.

From Left to Right:  
Dr. Robert T. Grant,  
Christine Hsu Rohde,  
June K. Wu,  
Jeffrey A. Ascherman



## *Body Contouring Procedures*

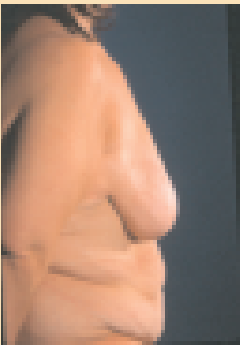
The best candidates for body contouring procedures are healthy individuals who have reached their plateau of weight loss. After bariatric surgery, weight loss generally continues for about a year before stabilizing.

The following body contouring procedures can be performed with superior results by our staff. Multiple simultaneous surgeries can also be performed in some cases. Our staff will carefully evaluate each patient to discuss appropriate staged surgical options, tailored to each individual's needs. Patient safety always remains our primary concern. These options are designed to offer maximum results with minimum scarring.

**Tummy Tuck (Abdominoplasty)** - One of the most common cosmetic procedures desired by the post-bariatric surgery patient is a tummy tuck or abdominoplasty. This procedure involves removing excess skin and fat from the abdomen to create a smoother, flatter appearance. By contouring, tightening, and flattening the abdomen, a tummy tuck offers individuals an attractive more physically fit appearance. A tummy tuck usually requires a low horizontal incision just above the pubic area. The length of the incision depends on how much skin must be removed. Once the incision is made, the surgeon tightens the muscles around the abdominal wall and trims away loose skin and excess fat around the lower abdomen. Liposuction is sometimes performed in conjunction with a tummy tuck. The results of a tummy tuck are normally long-lasting if your weight remains stable and you maintain your diet and exercise on a regular basis.

### *Before*

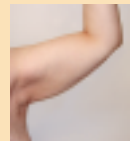
Breast Lift and Tummy Tuck



*After*

### *Before*

Arm Lift



*After*

**Breast Lift (Mastopexy)** - A breast lift can help reshape and lift sagging breasts after significant weight loss. During this procedure, excess skin of the breast is removed, the nipple and areola are relocated to a higher position, and the breast tissue is reshaped. This leads to a more youthful appearing breast. Occasionally, breasts are augmented with implants at the same time.

**Arm Lift (Brachioplasty)** - An arm lift is usually the best option if a patient has large amounts of excess skin at the arms. This procedure can involve either a scar along the inside of the arm which is placed where it will be well-hidden, or a scar in the armpit, depending on the amount of skin excess. An arm lift may be combined with liposuction in some cases as well.

**Medial Thigh Lift (Thighplasty)** - A thigh lift is a surgical procedure that aims to remove excess skin and fat from the inner thighs after significant weight loss. In this procedure, an incision is made in the groin crease where it can be hidden, and lax skin and fat are then removed.

**Lower Body Lift** - A lower body lift is designed to assist people who suffer from sagging abdomens, buttocks and outer thighs, and seek to enhance these areas in a single procedure. A lower body lift offers a comprehensive way to not only tighten the abdomen, thighs and buttocks, but also to correct the lower back and loose skin of the upper abdomen. This procedure is usually done in conjunction with an abdominoplasty, and involves a circumferential extension of the abdominoplasty incision just above the buttocks.

*Before*  
Thigh Reductions



*After*

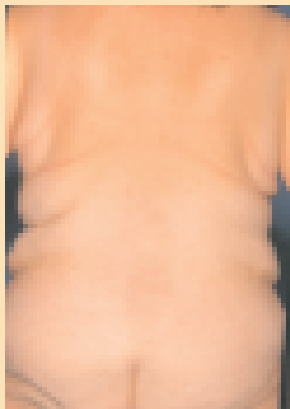
**Liposuction** - Liposuction removes localized areas of fat through very small incisions and is generally followed by rapid patient recovery. Liposuction is often used very effectively in conjunction with other procedures to help reduce excess fat in specific, localized areas.

**Face Lift (Rhytidectomy)** - Significant weight loss can often accelerate the appearance of facial aging. A face lift can help achieve facial rejuvenation. This procedure usually involves an incision beginning in the scalp above the ear, continuing immediately in front of the ear, and extending around and behind the ear. The skin of the face and neck is elevated, and the excess skin is removed. The superficial muscle layer just under the skin is also tightened.

**Gynecomastia Surgery** - Following significant weight loss, male patients may still have large breasts that are not in proportion with their newly improved abdomen and lower body. In many cases, a patient will also experience sagginess of the breasts. To correct these problems, post-weight loss male patients have a male breast reduction or gynecomastia surgery. This procedure typically involves an incision around the edge of the areola which is well-concealed. Gynecomastia surgery can be performed in conjunction with liposuction of the fat surrounding the breasts to improve the overall result.

*Before*

Multiple  
procedures -  
Tummy Tuck,  
Flank  
Resections,  
Thigh Lifts



*After*

## *Directions*

### **The NewYork-Presbyterian Center for Aesthetic Surgery**

#### **NewYork-Presbyterian Hospital/Columbia**

161 Fort Washington Avenue, Suite 601, New York, NY 10032-3784  
800-543-2782

**By Car:** The most direct route from most locations is to follow directions leading to the George Washington Bridge, then exit onto the Henry Hudson Parkway (also called the West Side Highway), and then onto Riverside Drive (south). From there, continue south and turn left onto 165th Street (the first left south of the bridge). Proceed one block and turn right onto Ft. Washington Avenue, then turn right into the medical center parking garage.

**Public Transportation within New York City:** Take the A, C, or #1 subway to 168th Street, or take the M2, M3, M4, M5, or M100 bus. For additional bus and subway information, call the Metropolitan Transit Authority at 718.330.1234.

## *Plastic Surgery Staff*

### **The NewYork-Presbyterian Center for Aesthetic Surgery**

#### **NewYork-Presbyterian Hospital/Columbia University Medical Center**

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For more information, please visit our website:

[www.columbiaplastics.org](http://www.columbiaplastics.org)

## **NewYork-Presbyterian Center for Aesthetic Surgery**

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