

# The Skinny On Body Contouring Following Massive Weight Loss

During our support group meetings each summer, we talk a lot about plastic surgery and feature one of MUSC's plastic surgeons specializing in body contouring after massive weight loss. Here are a few take home messages from the talk, and from the patient panel who has discussed their weight loss surgeries.

## General Information:

- Elastin in the skin is unable to remodel (snap back to normal) after massive weight loss, so the skin “hangs”
- It is important to have realistic ideas about your results; you will be trading excess skin for scars
- Risks of plastic surgery in bariatric patients include all inherent risks that anyone undergoing surgery would have- the major difficulty in post bariatric surgery patients is *healing*

## Common Post-Massive Weight Loss Procedures:

- Face Lift
- Belt Lipectomy (lower body lift)
- Brachioplasty (arm lift)
- Thighplasty (thigh lift)
- Breast Augmentation + Mastopexy (breast lift)
- Panniculectomy (lower abdomen)
- Abdominoplasty (upper abdomen)
- Breast Reduction (female and male)



## Financial Aspects:

Insurance will typically cover **Panniculectomy** or **Breast Reduction** if:

- Current insurance covers gastric bypass
- Greater than 100 pounds loss
- Stable at new weight
- 12-24 months post-op from bariatric procedure (depending on insurance)
- Abdomen: documented rashes, hanging tissue, attempted topical treatment
- Breast: documented rashes, shoulder strap grooving, >500gm, neck pain, attempted oral anti-inflammatory medications

Plastic surgeons often discount the physician fee for bariatric patients for procedures not covered by insurance.

The Total Fee = Operating Room + Anesthesia + Physician Fee

**Please contact MUSC Division of Plastic and Reconstructive Surgery 843-792-8816**

**To watch Dr. Delaney's presentation at Support group - <http://tinyurl.com/MUSCPlasticSurgery>**

Nutritional Aspects: Keep regular contact with your dietitians, you will need to have micronutrient labs done prior to surgery and will need to check in about your diet and specific protein recommendations will be made prior to plastic surgery