

Did You Used to Be Really Big?

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When people think of body contouring surgery, they usually think of a tummy tuck for a woman who has had several children, a breast lift, or perhaps liposuction for fat deposits on the hips or thighs that will not go away no matter how much weight you lose.

There is another branch of body contouring for people who used to be really big, and are now considerably smaller. These are people who used to be extremely obese and either have had surgery to enable them to lose weight, or have been incredibly successful on a weight loss program. They may not exactly be thin, but they are considerably smaller than they once were.

Now that they are smaller, they have large areas of loose, sagging skin. Many still have large areas of fat on their bodies, but considerably more manageable by surgery than before the massive weight loss.

The areas of excess skin may involve the chest, breasts, abdomen, arms, and legs, or perhaps all of them. And for each area there are operations available that will remove the excess skin and fat in the area.

Excess chest skin can be removed for a man, and excess breast skin can be removed for a woman. The breast is usually reshaped, and oftentimes either nearby fat or an implant can be used to recreate the breast shape.

The extra skin of the abdomen is usually so massive that it is necessary to remove it from front and back, an operation that goes 360 degrees around the body.

Removing extra skin of the legs often requires both an incision along the length of the leg, usually on the inside where it is less visible, as well as some tightening accomplished by pulling the skin upward toward the groin area.

Excess arm skin usually leaves a scar on the underside of the arm, where it will be less visible.

It is possible to combine surgery on more than one area at the time of one operation. However the bigger operations, like removing skin from both the front and back of the body at the same time, are often done alone.

Because people having these operations are often still quite heavy, the risks of having a complication are higher than body contouring surgery on a thinner person.

To find out if you can benefit from body contouring surgery after a massive weight loss, please call for an appointment.

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