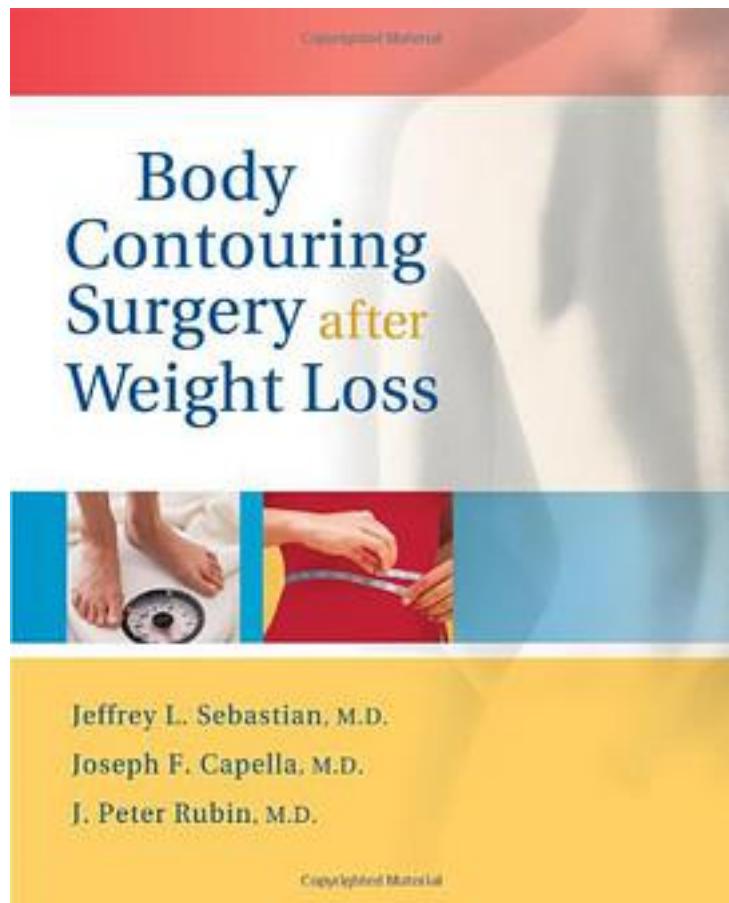


# Body Contouring Surgery After Weight Loss



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Are you among the tens of thousands of people who have lost a dramatic amount of weight? If so, congratulations! You did it. Those years of struggling and failed diets are behind you. Perhaps you did it through weight loss surgery. Or, perhaps it was through diet and exercise. Either way, you have created a new body and a new life for yourself.

But, now that the weight is gone, are you left with extra skin? If so, it likely causes you embarrassment and perhaps hygiene problems as well. Fortunately, body contouring surgery can help restore a more natural look to your body. The authors of this book, respected plastic surgeons, have performed hundreds of body contouring procedures on weight loss patients, and they understand your concerns as you explore having reconstructive surgery. Among the questions they answer are: - How soon after surgery can I have excess skin be removed? - Which surgery should I have first? - How many surgeries can I have at one time? - Should I have a tummy tuck or a body lift? - Will I have much pain after contouring surgery? - Can my breasts be restored to normal? - Where will scars from the surgery be visible? - When can I return to work and resume physical activity? - What about fees? Will insurance pay? The book contains 136 color illustrations and photos, including dozens of "before and after" photos of surgery patients, as well as an appendix, resource section, glossary, and index.

作者介绍:

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