

Body Contouring After Weight Loss

Fact Sheet

Many surgical procedures are available for people with excess skin on the abdomen, thighs, arms, back, and breasts following substantial weight loss.

Who is a candidate for this type of body contouring surgery?

The best patient is someone whose weight has been stable for at least six months. You should be at or near your goal weight and in good health overall. Smoking is detrimental for healing and many of the procedures cannot be performed on people who smoke.

Why is there leftover skin following weight loss?

When a person becomes significantly overweight, the skin becomes stretched and the thin "fibers" that attach the skin to the underlying muscle stretch and tear. The skin itself becomes thin and loses its elasticity. The deeper layer of the skin becomes thinned. All of these factors combine to make the skin unable to retract and snap back with the rest of the body when a person loses substantial amounts of weight. This is also why exercise will not correct the problem of excess skin.



What areas can be treated?

Extra skin can be removed and tightened almost anywhere after massive weight loss. The most common areas are the abdomen, thighs, arms, and breasts. The back and neck are of concern to some people as well.

How much surgery can be performed in one session?

The main rule of thumb with out patient surgery is the amount of work that can be done within a good safety window. Keeping the surgery within these guidelines helps keep surgery safe without the need and expense of hospitalization. Often more than one procedure can be performed in a surgical session, but this is highly variable and depends on the patient.



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