



## Body Contouring Surgery by Dr David Ross Plastic Surgeon

Body Contouring Surgery involves quite a number of different procedures that are used to shape, contour and lift the body form. It is important when seeking information about body contouring procedures that your surgeon is trained in all body contouring techniques so that the appropriate procedure can be offered and undertaken in your situation to achieve the most optimal outcome. There are three main ways that the body contour can be modified surgically.

First, fatty deposits can be removed surgically through minimal incisions by liposuction. Although this will lead to an improved body contour it is important that the overlying skin integrity is elastic to allow retraction and tightening to maintain a more flattering shape. Please read other articles on liposuction to find out more about this procedure.

Second, body contouring can be achieved by tightening or reinforcing the underlying muscle wall. This is especially important in the anterior abdomen where muscle weakness can accentuate an abdominal contour deformity.

Finally, improvement in body contour could be achieved by excisional surgery where both the redundant skin and subcutaneous fat (the panniculus) are removed concurrently to allow both elimination of fatty deposits as well as skin tightening and lifting to result in an improved body contour.

Assessment of the patient's body shape, weight, distribution of fatty deposits, skin and muscle integrity is pivotal in deciding on an appropriate body contouring procedure. It is important to remember that body contouring surgery is not weight reduction surgery. Patients will achieve the best result if they are at optimal body weight and in good health. Body contouring surgery is not a substitute for a healthy diet and regular exercise. Doctors measure obesity using the body mass index (BMI). This can be derived by knowing your height in metres and weight in kilograms. The BMI = weight (kg) / height (m) x height (m) (ie square m). If the BMI is between 25 and 30, the patient is overweight and over 30, the patient is classified obese. It is recommended that significant weight reduction is attempted prior to body contouring surgery, if the BMI is above 30.

If you are in the situation of a high BMI and are having trouble achieving further weight loss it would be beneficial to schedule a consultation as we may be able to assist you with dietary and lifestyle advice to achieve your goal prior to undertaking a body contour procedure. Finally, if you are not able to lose weight by diet and exercise alone, weight loss (bariatric) surgery may be an option to

assist with that goal. Dr Ross can assist you with advice on this issue and refer you to one of his surgical colleagues who undertake these surgical procedures.

If you would like to discuss any aspect of body contouring surgery in more detail or clarify any of the issues mentioned here please contact our office to arrange a consultation.

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