

## **Surgical Services: Body Contouring (for major weight loss)**

Your physical transformation after bariatric surgery or other major weight loss can be exhilarating. But your greatest cause for celebration may be that your health is being restored. However, as you begin to engage in physical activities you previously thought impossible, you may find it difficult to move freely if loose skin hampers your range of motion. You may not feel comfortable wearing more revealing athletic outfits. You may also find it difficult to fit into regular clothes. Pockets and folds of extra skin are common after major weight loss. That's why there are cosmetic procedures specifically designed to help you fit into your own skin.

### **SPECIAL REQUIREMENTS**

Those who have undergone major weight loss need to be treated with special care, especially since this weight loss often occurs in a relatively short period of time. The surgeons at Kaiser Permanente Santa Rosa Cosmetic Services are experienced in not only your specific cosmetic procedure, but helping you through the many adjustments you'll need to make after your surgery.

### **THE WHOLE PICTURE**

When the body is recontoured using traditional cosmetic surgery, there is usually only one area that is targeted for reshaping. With major weight loss, however, it's important to assess the entire body, as excess skin can sag and fold over the abdomen, breasts, back, hips, buttocks, pubic area, thighs, arms, and face. One or a combination of procedures may be appropriate for your unique body. Your surgery may include abdominoplasty, a body lift, breast reduction or lifts, thigh lifts, buttock lifts, and removal of skin and fat from the back and hips. Arm lifts and a face-lift may also be recommended to complete your transformation. Together, you and your surgeon will determine what combination of procedures is right for your body. Depending on the procedures you choose, you may need to schedule multiple surgery dates.