

# MAX

SPORTS & FITNESS

REAL RESULTS

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On the  
A Hard  
At Obese

## When To Nip/Tuck

Major weight loss can sometimes require a number of body contouring procedures for you to achieve the body you've always wanted. By LaRue Novick



PHOTOS COURTESY OF DR. GARY MOTYKIE

Body contouring procedures for people who've shed more than 100 pounds have come a long way. Don't let fear of the unknown stop you from taking your life back from the chains of obesity.

### ImageControl

#### Amount of Weight You Have to Lose:

The more weight you have to lose, the more your skin is stretched and the higher the chance that it will not retract sufficiently.

**Smoking:** If you are a smoker, then you risk a breakdown of collagen, a major component of skin. Unfortunately, smokers develop more loose skin than nonsmokers.

**Genetics:** Some people just have more elasticity in their skin than others.

It would be best to discuss all of your concerns with a board-certified cosmetic surgeon who has had plenty of experience in body contouring procedures done after dramatic weight loss. The important things to remember are your health and quality of life. If you are chained to fat, you'll never be able to experience the healthy life you could live if you'd only do something about it. Just know what to expect when you set out on your journey. And don't let anything stop you from achieving your goal!

"I truly do everything and anything I want to now. I'm not held back anymore by my weight," said Bernadette, who is a very satisfied patient of Dr. Motykie. "I would do it all over again and again and again. I made a choice to live."

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ures that included liposuction and cosmetic body she wanted and deserved.

of several months, the Canyon Country, erwent a complete body lift that included a mentation, an upper arm lift, a partial face lift love sagging skin and she had skin excised also had 15 pounds of skin removed from g an extensive tummy tuck procedure and to remove fat pockets tenaciously clinging was all worth it.

ry gave me the opportunity to look 'normal' Bernadette said. "My goal was never to be p Model.' It was just to look normal. Now I ave been given an opportunity to really live is world."

T hat she might have to undergo cosmetic ost the weight because she'd had a friend it before her. But not everyone knows what e popularity of major weight loss programs ggest Loser," many people think the path ds after shedding pounds," said William K. S, a board certified plastic surgeon who has ont of reconstructive procedures for many is that people must undergo [cosmetic t for its cost to truly benefit from the weight

ready to  
take your  
life back?

loss, physically and psychologically."

Here are some important things to consider if you're contemplating body contouring surgery:

**Cost:** "The cost of the procedures can vary greatly depending on how much skin and fat needs to be removed and how much time is needed in the operating room," said Dr. Gary Motykie, a plastic surgeon based in Beverly Hills and a series regular on E! Entertainment's "Dr. 90210." In general, a tummy tuck can cost between \$2,500 for a mini tuck and \$7,000 to \$12,000 for a full abdominoplasty. Liposuction could be used alone or in combination with surgery and can cost anywhere from \$1,500 to \$7,000 depending on how many different areas are being treated and what part of the country you're located in. A total body lift can cost upwards of \$40K to \$50K. Bernadette said she spent about that much for all of her surgeries.

**Recovery Time:** Body contouring surgeries require down time. Depending on the number of procedures being done in one day, you could expect to be out of commission for a week to six weeks. Physicians today are being more careful and are spacing surgeries out to give patients' bodies adequate time to heal between procedures.

**Scarring:** The only way to remove lots of skin is to have long incisions, explained Dr. Motykie. But, as Dr. Brian S. Glatt of Premier Plastic Surgery in New Jersey is quick to point out, "The scars can usually be well camouflaged in hidden areas or beneath undergarments."

**Other complications:** As with most surgeries, you can be at risk of developing complications such as bleeding, infection, tissue death and abnormal scars. Generally, people with a body mass index of 35 or higher are at a greater risk than those whose BMI is lower than 30. Some doctors may not

even agree to do surgery until you have reached your goal weight and are below a BMI of 30.

#### WILL YOU NEED SURGERY?

Not everyone who experiences dramatic weight loss will have to undergo cosmetic surgery after shedding the weight. Here are some factors that might affect whether you will need it or not:

**Age:** Younger people have more elasticity their skin and the skin has the ability to shrink back.

**Yo-Yo Dieting:** If you've lost weight and gained it back too many times, your skin's elasticity will have diminished much like a balloon that is blown up and deflated too many times.

## CHOOSING THE BEST

Tips for Ensuring Your  
Cosmetic Surgeries are a  
Total Success

- \* Make sure your plastic surgeon is board certified by the American Board of Plastic Surgery.
- \* Choose a plastic surgeon who performs bariatric plastic surgery on a regular basis.
- \* Ask to see before/after photos of previous patients.
- \* Ask if your surgeries will be staged (several procedures done over time), and if so, how long the process will take.
- \* Make sure you understand the recovery process and determine prior to the surgery how your post-surgical pain will be managed.

Source: Thomas B. McNemar, Tracy, California who wrote "Bariatric Plastic Surgery: A Guide to Cosmetic Surgery after Weight Loss" (Addicus Books, 2008)