



“No Body is Perfect... and that’s OK!”

We are all different, unique. But, sometimes we would like a little improvement—that’s where I come in.

If something about your body bothers you, I might be able to help. Of course, healthy diet and exercise are part of this picture, but, I’m talking SURGERY. BREASTS, BELLY AND HIPS/THIGHS are the usual concerns.

Breasts that are too small can be augmented (enlarged). The main objective is to achieve the right proportion. Either a silicone (gel) or saline (saltwater) implant is placed through a small incision (less than 2 inches) in the lower breast fold.

“Under the muscle” is preferable for a better, more natural shape and for a thorough, more accurate mammogram in the future. In my experience, this is one of the more painful cosmetic surgeries performed—often rated as moderate to severe for the first week; then moderate for the second week. Before you stop reading, I do strive to keep my patient’s comfortable and this pain is controlled safely by medication.



results. However, sometimes, it is better and safer to divide the process into two surgeries.

An Abdominoplasty involves removing excess skin from the lower abdomen, with a “bikini-line” incision. Sometimes a muscle tightening procedure is also necessary. This can help with the post-baby, post-menopausal, or post-weight loss lower belly “pooch.” Recovery is usually around two weeks, but unless you have a desk job, the time needed off can be longer; pain is moderate.

If the skin is relatively “tight,” and the fat volume is the more significant concern (an “apple” shaped body), then liposuction is usually recommended.

The fat is removed through very small (half inch) incisions. Your skin should settle and tighten on its own. Native elasticity is the main factor in a good outcome.

The technology used is “Power Assisted” liposuction (PAL), which, along with my knowledge of body sculpting, attains a very pleasing outcome. (It’s not the usual “bull-force” kind of liposuction that most people envision).

Initial recovery is about a week, but I recommend wearing a lightweight garment (think Spandex) for a year to get the best result. Pain is often moderate the first few days, then mild for a week or so.

Then there are the HIPS and THIGHS. These areas have the most satisfying results from liposuction. There’s a lot of “good” fat and the skin generally tightens and re-drapes well. Patients are usually amazed at how much better pants and skirts fit after this procedure—especially those with the “pear” shaped body. Initial recovery is about one week, but the full benefit can take up to a year.

This is just a brief overview of what is available to help you obtain a better body—not perfect, but BETTER.

If you have any questions, please call my office to schedule a personal consultation. ☺

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Breasts, belly and hips/thighs are the usual concerns. We are all different, unique. But, sometimes we would like a little improvement—that’s where I come in.

Breasts that are too “droopy” can be lifted (**Mastopexy**). No implants are necessary unless you want to be larger, too. Simply put, the excess skin is removed to tighten and improve the breast shape. Most scars (yes, scars) are hidden. Recovery is usually only a week; and, pain is minimal to moderate.

Breasts that are too large can be reduced. This surgery is very gratifying because it makes my patients so happy. They look better, feel better and their quality of life is better. Large breasts can cause a number of “subtle” problems that many women have learned to live with (often without realizing they are doing so).

Most common complaints are back, neck, shoulder pain and shoulder grooves. In addition, they usually have a chronic irritation under the breast fold, are continually using pain medicine and are limited in their daily activities. A breast reduction can often be covered by insurance if it is deemed “medically necessary.”

It is important that you discuss your problems and concerns with your doctors so they can document your symptoms and complaints that could be due to large breasts. A “paper trail” is needed in the event a reduction is the answer to your problems. Recovery time is usually one to two weeks; and, pain is minimal to moderate.

“BELLIES” or abdomens can be improved with an **Abdominoplasty** (tummy-tuck), liposuction, or both. My recommendations are based on the relative amounts of skin and fat to be addressed. After an examination, I determine which “one” procedure will produce the best

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