



YOUR GUIDE TO

Post Weight Loss Surgery

Helping you remove excess skin after significant weight loss.



Dean White MBBS FRACS
Plastic & Reconstructive Surgeon

(03) 9895 7631
deanwhite.com.au



Weight loss and surgery	6
What are the benefits of having post weight loss surgery?	7
What procedures can be performed?	8
When am I ready?	9
What are the risks?	10
What is recovery like?	11
Will my surgery be covered by my health fund?	12
Post weight loss surgery with Mr Dean White	14

If you've lost a large amount of weight either from weight loss surgery, diet or exercise, it's likely you will have loose excess skin. There are a number of restorative surgery options to achieve the look you want.



Weight loss and surgery

Losing substantial weight is a fantastic achievement. Whether it be by making lifestyle changes through diet and exercise or from bariatric surgery, weight loss is a challenging and ultimately rewarding experience. Unfortunately, the results can be diminished with leftover, excess skin. Especially for people who've undergone a dramatic weight change.

Your skin has a natural elasticity, allowing it to contract and expand as our weight fluctuates. For example, when women become pregnant, the skin expands to make room for increased growth in the abdominal area and recedes over a few months time after the baby's birth.

As you age and gain weight or when skin has been significantly stretched for extended periods of time, your skin loses this elasticity. Without this natural ability to retract, when people lose a lot of weight the expanded skin remains. The greater the weight loss, the more pronounced the effect.

After overcoming the hurdle of losing the weight, this excess skin creates a new challenge and can keep patients from fully appreciating the benefits of their weight loss. In general, restorative surgery is the only fool-proof method for removing this excess skin.

At Dean White Plastic Surgery, we offer a variety of procedures to remove excess skin from areas such as the face and neck, breasts, arms, abdomen, back and thighs.



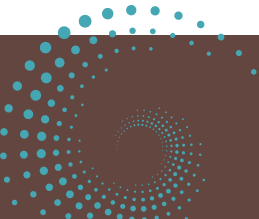
What are the benefits of having post weight loss surgery?

Getting rid of excess skin isn't just a cosmetic procedure. There are a number of complications that excess skin can cause.

For example, this includes:

- Physical discomfort
- Decreased physical activity and difficulty walking and exercising
- Skin irritation and breakdown or rashes in skin folds
- Negative body image and impacts on mental health
- Poor posture
- Chafing
- Personal hygiene issues

At Dean White, removing excess skin isn't just about making you look and feel your best but also about improving your overall health. After losing the weight, you may feel like you're only halfway to your ideal self. With post weight loss surgery options, we can help you achieve this outcome. With a flexible approach to tackling the areas that require the most attention, we can help complete your body transformation.



What procedures can be performed?

When it comes to post weight loss surgery, there are a variety of procedures that can be undertaken to improve your overall appearance. Every patient is unique, which means we tailor our treatments depending on their individual circumstances and goals. For example, in certain areas of the body, fat and skin cannot be removed by diet and exercise alone, while other areas require a mix of surgical and non-surgical treatments to get the best outcomes. Moreover, if the changes you're after are substantial, we can prioritise the areas of most concern before treating others later.

The four main procedures we offer for post weight loss surgery include:

TUMMY TUCK

Also known as an abdominoplasty, this procedure involves removing excess fat and skin around the abdominal area and tightening any muscle laxity. The procedure is designed to remove stubborn pockets of fat, or excess skin following weight loss. It provides patients with a slimmer, more toned appearance that can't be achieved through exercise and diet alone and it is recommended patients only undergo this surgery if they don't plan on losing more weight.

BODY LIFT

Body lift surgery involves a final incision that runs around the entire waist area and removing excess fat/skin from the 'belt line' of the patient, i.e. hips, outer upper thighs, lower abdomen, and upper buttocks. For this reason, it's also known as a belt lipectomy and is similar, although much more extensive, than abdominoplasty or tummy tuck surgery. In this procedure excess skin is drawn down from the upper abdomen and stitched along the lower fold. During this procedure, it is also possible to remove/tighten skin around the thigh, hips and buttocks area.

ARM LIFT

An arm lift reduces excess fat and skin in the area on your arms between the elbows and shoulders. This area has a tendency to droop as you age and/or experience weight loss, and while exercise can strengthen and improve the underlying tone of the muscle, extra skin will remain. This is also known as a brachioplasty and is used to reshape the underside of the arm, creating a more toned and balanced appearance. In this procedure an incision is made on the back of the arm and extra skin cut away. This procedure can also be coupled with liposuction.

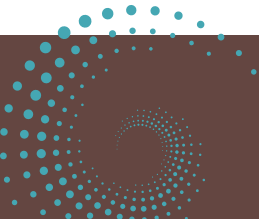
BREAST LIFT/MASTOPEXY

Breast lift surgery involves reshaping and repositioning the breasts to improve their aesthetic appearance. The surgery is designed to reshape and tighten the breast contour by removing excess skin. This gives the breasts are more firm and raised appearance. A breast lift can also reduce the size of the areola, which may have become enlarged over time. This procedure can also be paired with a breast augmentation if the patient wishes to increase the size of their breasts with implants.

COMBINATION PROCEDURES

The increasing popularity of weight loss surgeries means that more and more patients are undergoing the cosmetic procedures above in conjunction with more extensive surgical options. For example, weight loss procedures such as gastric bypass surgery, sleeve gastrectomy and Roux-en-Y gastric bypass surgery have been shown to be effective weight loss methods for the right patient. One of the consequences of this quick and dramatic weight loss though is leftover excess skin. Without removing this skin, patients often describe feeling like their weight loss journey isn't complete. Post-weight loss procedures done in combination are designed to alleviate this problem, removing weight and excess skin together.

Depending on your personal circumstances and body goals, other procedures may also be appropriate. Do not hesitate to [contact us](#) today to find out what your full range of options are.



Customising treatment for each patient

While there is a common set of procedures we undertake, every patient is unique. Their overall weight loss and cosmetic goals, as well as their overall health, will mean that every surgery is different.

At Dean White Plastic Surgery, we make sure to take your individual goals and personal needs into careful consideration and customise every surgery to your unique case. During the consultation phase we will work hand-in-hand with you to develop a tailored treatment plan that suits your body, your lifestyle and your goals.

We pride ourselves on achieving the most effective outcome based on the patient at hand. This may involve combining multiple procedures or undertaking one type of procedure more extensively than usual.

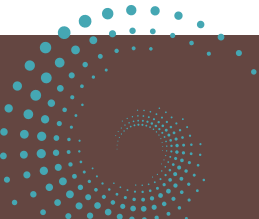
By customising our surgical procedures for each patient, we ensure that you leave our practice with a result that is truly you.

When am I ready?

People who undergo significant weight loss can often experience fluctuating weight afterwards, sometimes putting the weight back, and other times keeping it off for the rest of their lives.

If you are wondering if you're a good candidate for plastic surgery after weight loss, check the criteria below. If these describe you and your situation, you may be an ideal candidate.

- You have significant soft tissue looseness in one or multiple areas
- Your weight has been stable for a good period of time
- You are in good health and committed to a healthy lifestyle
 - You do not smoke
 - You have realistic expectations of what plastic surgery can do for your body
 - You are not planning on becoming pregnant in the future



What are the risks?

The risks associated with post weight loss surgery will vary depending on the procedure(s) you undergo. In general, there are a range of risks associated with this type of plastic surgery, including:

- Anaesthesia
- Bleeding/Haematoma
- Infection that may require treatment with antibiotics or further surgery
- Allergic reactions to sutures, dressings or antiseptic
- Development of blood clots
- Pain, bruising and swelling in the operated areas
- Accumulation of fluid under the skin where operated upon
- Scarring or slow healing wounds
- Sensation

Risks are minimised by careful patient selection and planning, high standards of surgical training, meticulous surgical technique and vigilant post-operative care. Small, less serious issues are common, and every effort is made to resolve them quickly. These very rarely have any long-term effect on an excellent final result.

During the consultation phase, we will discuss any and all risks associated with our various procedures and answer any questions you may have. It is important to us that every patient knows and understands the potential outcomes of any procedure we undertake.

What is recovery like?

Patient recovery will vary depending on the extensiveness of the procedures. The amount of skin and fat removed, and complexity of the surgery will each have an impact. In general, people who have tummy tucks, body lifts, and thigh lifts are able to drive one week after surgery and can return to work after three weeks.

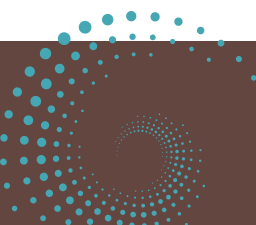
Immediately after a body lift, bandages are applied to the incisions, and a small thin tube may be temporarily inserted to remove any fluid build-up. Patients will need to remain in hospital for several days after the surgery and will likely experience some pain and discomfort during the healing process. Throughout your recovery process, you will also need to wear a compression garment to support the affected areas.

Post weight loss surgeries are major procedures, so it's normal to experience certain effects while recovering. However, there are certain things you should be on the lookout for that may require further attention from your surgeon. These include:

- Temperature higher than 38°C or chills
- Nausea, vomiting, shortness of breath or diarrhea
- Bleeding from the incisions
- Pus or fluids weeping from the incisions
- Worsening redness around the incision sites
- Increasing pain or tenderness, or other problems that appear to be worsening
- Calf pain, tenderness or swelling
- Pain or difficulty in breathing

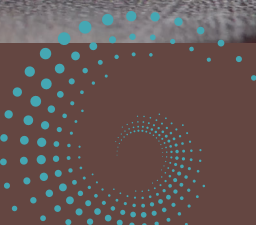
Mr Dean White will provide clear instructions on how best to recover during throughout your consultations, including:

- How to manage your wounds
- Specific medication to take to reduce infection
- Avoiding strenuous exercise
- How to monitor your surgical site to check for infection



Will my surgery be covered by my health fund?

For your procedure(s) to be covered under your health fund, it will depend on if you meet the strict criteria set by Medicare on the Medicare Benefits Schedule (MBS). At your first consultation, Mr Dean White will provide you with advice on whether your desired procedures are likely to meet the requirements of the MBS item code. You will then be able to cross check with your health fund to see the extent of your coverage and if you are likely to receive a rebate.



Post weight loss surgery with Mr Dean White

Deciding to have cosmetic or plastic surgery and choosing your surgeon can be a significant decision.

Mr Dean White is a leader in his field. He is experienced in providing a high standard of care for thousands of patients with diverse goals and unique requests. Offering a wide range of surgery options spanning both reconstructive and cosmetic surgery – Mr Dean White can perform your procedure with skill and precision.

Mr Dean White has developed a significant reputation over the years via his skilful execution of complex procedures, allowing new patients to feel confident in selecting him as their surgeon of choice.

Mr White is committed to excellence in surgical practice, ensuring he stays up to date with the latest techniques and research. His ongoing development and dedication to research allows him to advance his skills and consistently improve his services moving forward. He strives to run a modern surgical practice – taking the time to explain complex surgical procedures, discussing “pros and cons” during the decision-making process and providing clear written information about surgery and costs.

Ultimately he believes that being respectful of patient concerns and wishes leads to both excellent surgical results and a practice of high integrity. Choosing Mr Dean White as your surgeon for your procedure is a decision you can feel confident with.

If you’re thinking about post weight loss surgery, and would like to discuss your options [book a consultation](#) today.

