

# ACCESS AESTHETIC SURGERY AFTER MASSIVE WEIGHT LOSS 1E

## **Aesthetic Surgery After Massive Weight Loss**

Your patients have fought the weight loss battle and won. Assist them in the final phase of body contouring using this new book as your guide. This beautifully illustrated atlas comprehensively examines techniques for managing aesthetic issues of the face and neck, breast, abdomen, arms, and legs commonly facing patients after bariatric surgery. Over 85 color illustrations and 500 full-color photographs display operative techniques, pre-operative appearance, and post-operative results, making this text not only practical but invaluable.

## **Cosmetic Surgery After Massive Weight Loss**

Review of the techniques for managing aesthetic issues after bariatric surgery, covering preoperative evaluation, options for surgical management, complications and their avoidance.

## **Body Contouring after Massive Weight Loss**

This book has evolved from an earlier best-selling title, *Body Contouring after Massive Weight Loss* authored by Dr Aly. It provides clear, step-by-step instruction for performing body contouring procedures in each anatomic area. Comprehensive chapters are included on the range of contouring operations. Each procedure is liberally illustrated with medical art as well as numerous preoperative, intraoperative, and postoperative images to demonstrate the technical nuances of these operations and the possible results that can be achieved. To complement this book, numerous operative videos are included, documenting the procedures in the book.

## **Bariatric Plastic Surgery**

William Lydiatt, M.D. and Perry Johnson, M.D., have worked with hundreds of mouth and throat cancer patients. They understand the emotional turmoil patients and their families go through after a cancer diagnosis, and they know how being informed can relieve some of that stress. Topics covered in this book include how early detection leads to high cure rates; symptoms that could mean cancer; the emotional side of the cancer; how doctors make a diagnosis; staging the cancer and why it so important; surgery, radiation, and chemotherapy-how they kill cancer; reconstructive surgery; and experiment.

## **Manual of Cosmetic Surgery and Medicine**

The most comprehensive cosmetic plastic surgery manual on body contouring surgeries explains in detail how to undertake body contouring procedures to remove excess fat deposits and sagging skin so as to improve the shape as well as the tone of the abdomen, back, thighs and other areas of the body, resulting in a body with smoother contours and providing an appropriate shape. It also describes the latest procedures including high definition and fine definition liposuction with the use of various technologies and body contouring after massive weight loss. It also contains chapters on important procedures of fat grafting along with live stem cells, and how they can only be harvested from the fat during liposuction. This surgical manual discusses all possible body contouring procedures in a step by step "How To" manner so as to help

the novice Cosmetic Surgeon's as well as seasoned and experienced Surgeon's alike. The risks, complications along with pearls are discussed along with individual procedures with a series of step-by-step photographs and pre and post images and short video clips. This Manual in Cosmetic Surgery and Medicine sets the standard for doctors entering the field of aesthetic surgery and medicine. It is a reference book for people who are in practice as well as a step-by-step manual for students and young doctors wanting to pursue this field. The other volumes are on: • Rhinoplastic procedures • Intimate Genital procedures • Non-Invasive Aesthetic procedures • Breast reshaping • Cosmetic procedures of the Face

## **Body Contouring and Liposuction E-Book**

Master the full spectrum of "body sculpting" procedures with *Body Contouring and Liposuction* by J Peter Rubin, MD, FACS, Mark L Jewell, MD, Dirk Richter, MD, PhD, and Carlos O Uebel, MD, PhD! From fat grafts and liposuction through total body lift following massive weight loss surgery, full-color photos and procedural videos show you exactly how to proceed, step by step, and achieve gratifying results. Consult this title on your favorite e-reader with intuitive search tools and adjustable font sizes. Elsevier eBooks provide instant portable access to your entire library, no matter what device you're using or where you're located. Exceed your patients' expectations thanks to expert, multimedia guidance from many of today's most accomplished experts in aesthetic plastic surgery. Know what to look for and how to proceed thanks to videos and full-color illustrations demonstrating brachioplasty, breast reshaping after massive weight loss, thigh and buttock contouring, combining abdominoplasty and mastopexy, and other in-demand procedures. Find the answers you need quickly through a user-friendly organization. Access the complete contents online, as well as videos and downloadable illustrations, at [www.expertconsult.com](http://www.expertconsult.com).

## **Body Contouring Following Bariatric Surgery And Massive Weight Loss: Post-Bariatric Body Contouring**

Body contouring is a rapidly growing field within plastic surgery. Safe and effective techniques have been developed in recent times with increased patient satisfaction indicated by visual analogue scores. This book brings together contributions from lea

## **Encyclopedia of Body Sculpting after Massive Weight Loss**

*Encyclopedia of Body Sculpting after Massive Weight Loss* provides uniquely comprehensive coverage of a variety of state-of-the-art surgical body modification procedures for the patient who has overcome obesity. The text begins with an introduction to the particular physiologic and psychological implications of massive weight loss, including the effects on nutrition, anesthesia, pain control, and psychology, and a review of the current techniques utilized in bariatric surgery. The sections that follow feature concise descriptions and full-color illustrations that guide readers through each region of the body, from the face and neck, through the breasts, arms and mid-abdomen, to the back and thighs. Expert authors from around the world, many of whom are the innovators of the procedure they describe, offer multiple surgical options for each anatomic region in order to give readers the opportunity to choose the optimal approach for their specific patient. Features 466 full-color illustrations demonstrate preoperative appearances, operative techniques, and postoperative outcomes. An accompanying DVD contains 17 narrated videos -- over one hour of footage -- of actual procedures as performed by the authors. Detailed discussion of safety considerations, as well as how to recognize and treat surgical complications. Practical tips on how to handle anesthesia concerns and pain control. Valuable information on nutrition and the psychiatric management of eating disorders. With obesity on the rise and the marked increase in bariatric procedures over the past decade, this highly relevant reference is essential reading for every practicing plastic and reconstructive surgeon, bariatric surgeon, and weight loss physician, as well as for all residents or fellows in the field.

## **Body Contouring Following Bariatric Surgery and Massive Weight Loss**

This issue of Clinics in Plastic Surgery, Guest Edited by Jeffrey Gusenoff, is devoted to Plastic Surgery After Weight Loss. Articles in this outstanding issue include: The Obesity Epidemic and Bariatric Trends; Patient Evaluation and Surgical Staging; Patient Reported Outcome Measures: Body-Q; Safety in Body Contouring to Avoid Complications; Pain Management in Body Contouring; Abdominal Contouring and Combining Procedures; Fleur-de-lis Abdominoplasty and neo umbilicus; Lower Body Lifting and the Rule of 16; Breast Reshaping after Massive Weight Loss; Bra-line Upper Body Lifting; Arm Contouring; Thigh Contouring; Face and Neck Lifting after Weight Loss; and Common Complications and Management after Body Contouring.

## **Plastic Surgery After Weight Loss, An Issue of Clinics in Plastic Surgery**

Generously filled with insightful and practical advice, this guidebook to cosmetic surgery after dramatic weight loss helps readers locate the right doctor, address concerns about complications and side effects, and understand the benefits to having surgery. Experts answer such common questions as What kind of results can be anticipated? How many surgeries are necessary? and What kind of fees and insurance coverage can be expected?

## **Body Contouring Surgery After Weight Loss**

This issue of Clinics in Plastic Surgery offers the surgeon information on the most recent approaches to body contouring, primarily focused on this procedure performed after massive weight loss. Gastric bypass surgery practically foretells abdominoplasty, with ~75% of patients undergoing plastic surgery following gastric bypass. A total of almost one-half million body contouring procedures are performed annually by plastic surgeons according to ASPS statistics. Topics in this issue include: Assessing outcomes in body contouring; Preoperative evaluation of the body contouring patient; What happens to the skin after weight loss; Effect of further weight loss following body contouring; Effect of weight gain following body contouring; Anesthesia considerations; Procedures for Brachioplasty; Bra line back lift; Breast contouring; Abdomen contouring; the Fleur Di Lis Abdominoplasty; Extended abdominoplasty; Medial thigh lift; Buttock contouring; Truncal contouring; Lower body lift; and Prevention and management of complications.

## **Body Contouring, An Issue of Clinics in Plastic Surgery,**

A masterful, how-to resource on body contouring techniques after massive weight loss As a result of the rising incidence of obesity worldwide, there has been an exponential rise in the number of bariatric procedures performed during the last few decades. Massive weight loss patients present with challenging deformities alongside medical, psychological, and physiologic comorbidities that add complexity to surgical correction of these deformities. The Art of Body Contouring: After Massive Weight Loss, Second Edition edited by internationally-renowned body contouring surgeons Al S. Aly and Fabio X. Nahas features significant advances in body contouring techniques that have occurred since publication of the widely acclaimed 2006 edition. The book reflects techniques that were developed and refined by the world's leading master body contouring surgeons, with invaluable insights that were gleaned from the treatment of thousands of patients, which helped improve surgical outcomes. The opening chapter provides a background on obesity, its prevalence, ramifications, and in-depth discussion of bariatric surgery. Chapter 2 discusses how to effectively and safely perform circumferential belt lipectomy and attain the best possible results. Chapter 4 by Dirk Richter et al. covers his approach to lower truncal deformities. Chapters 5 and 6 detail innovations developed by Dr. Aly, starting with the arm reduction technique that revolutionized brachioplasty surgery more than 20 years ago, followed by upper body lifts which he named, introduced, and developed over a period of two decades. Chapter 8 by Constantino Mendieta is a master class in buttocks contouring. Chapters 9 and 10 by Peter Rubin and Jim Grotting address their unique ways of handling tough breast deformities in massive weight loss patients. Key Features Contributions from an impressive group of leading global body

contouring experts, including the late Ted Lockwood, Dirk Richter, Peter Rubin, Jim Grotting, and Constantino Mendieta How to eliminate the use of drains in all excisional body contouring surgeries, including abdominoplasty, belt lipectomy, brachioplasty, upper body lifts, and thigh reduction Discussion of techniques that significantly reduce seroma rates and effective treatment strategies to use when patients develop seromas High-quality preoperative and postoperative photos and illustrations enhance understanding of techniques and outcomes This unique book is essential reading for all body-contouring surgeons. In addition to providing hands-on guidance from masters on how to surgically correct deformities related to massive weight loss, the book enhances understanding of morbid obesity and its associated physiologic and psychological health issues. This book includes complimentary access to a digital copy on <https://medone.thieme.com> Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product.

## **The Art of Body Contouring: After Massive Weight Loss**

Total Body Lift is the first definitive guide to weight loss surgery and the body contouring techniques that have been developed by Dr. Dennis Hurwitz, one of the recognized international leaders in this specialty. Made famous by stars like Al Roker, American Idol judge Randy Jackson, Sharon Osbourne and Carnie Wilson, gastric bypass surgery was performed on nearly 141,000 Americans in 2004. Dr. Hurwitz describes an all in one procedure that quickly and safely reshapes the body after weight loss surgery, aging, and/or pregnancy. Case histories and a 32-page photo galley demonstrate how the Total Body Lift procedure starts its patients on a path to a new, more fulfilling life of normalcy and a level of self-esteem they may never have imagined. The author's patients have been profiled on the cover of People Magazine and have been subjects for a one hour documentary on the Discovery Channel. Applicable to men and women, teenagers and adults, seeking to reshape the breasts, chest, arms, thighs, hips, back, waist, abdomen, and knees after weight loss, aging and pregnancy.

## **Total Body Lift Surgery**

In this issue of Clinics in Plastic Surgery, guest editors Drs. Dennis J. Hurwitz, Armando A. Davila, and Dani Kruchevsky bring their considerable expertise to the topic of Body Contouring. Top experts cover key topics such as preparing patients for body contouring surgery and surveillance for DVT; UAL liposuction and lipografting; refining lipoabdominoplasty with high-definition liposuction; management of the musculoaponeurotic in abdominoplasty; interplay of oblique flankplasty with vertical medial thighplasty; and more. Contains 15 relevant, practice-oriented topics including planning and performing total body contouring after massive weight loss; lipoplasty in the overweight patient; the role of non-invasive and minimally invasive techniques in open surgical interventions for the purpose of body contouring; emerging approaches to breast reshaping in the massive weight loss patient; secondary body contouring surgery; and more. Provides in-depth clinical reviews on body contouring, offering actionable insights for clinical practice. Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

## **Body Contouring, An Issue of Clinics in Plastic Surgery, E-Book**

The Safe and Sane Guide to Teenage Plastic Surgery, by Dr. Frederick N. Lukash, is the only complete guide to this ever-expanding phenomenon. Written by the American Society of Plastic Surgery's acknowledged expert and official media spokesperson on pediatric and adolescent plastic surgery, this book answers those tough questions parents of potential teenage plastic surgery candidates have; Will surgery increase their child's self-esteem and help them fit in better? Or is it a dangerously easy solution to deeper issues? When is surgery right, and when is it not? Complete with action plans, real-life stories and pictures, The Safe and Sane Guide to Teenage Plastic Surgery offers advice on what can, can't and shouldn't be done - and on how to spot the doctors who will exploit a teen's fragile sense of self-esteem as well as his or her parent's

pocketbook. Most important, Lukash provides a useful red light/yellow light/green light guide for considering teen plastic surgery.

## **The Art of Body Contouring**

The ultimate guide to aesthetic surgery from world famous aesthetic surgeon Foad Nahai *The Art of Aesthetic Surgery: Principles and Techniques, Third Edition: Breast and Body Surgery – Volume 3* by internationally revered aesthetic surgeon Foad Nahai, distinguished section editors William Adams, Jeffrey Kenkel, and John Hunter, and an array of new contributors is part of an encyclopedic, three-volume masterwork. Considered the quintessential resource on cosmetic surgery since its inception, readers can purchase each volume separately or as a set, including a bonus e-book with access to online videos. The field of aesthetic plastic surgery has witnessed a dramatic increase in breast and body-contouring procedures, in normal-weight patients as well as individuals who have lost massive amounts of weight. As such, new procedures and refinements of existing techniques have been developed since publication of the last edition. Volume three features three updated sections focused on breast surgery, female genital rejuvenation, and an expanded number of noninvasive and minimally invasive body contouring procedures. A new fourth section on gender-affirming surgery encompasses facial and genital approaches in this growing subspecialty. Key Highlights Thousands of high-quality illustrations enhance understanding of state-of-the-art approaches New breast chapters include composite primary and revision breast augmentation and management of capsular contracture New topics include liposuction and high definition liposculpture, screening and safety issues in massive-weight-loss patients, and brachioplasty This critically acclaimed resource provides trainees and experienced practitioners with a solid foundation for learning basic principles and techniques in aesthetic surgery, with the ultimate goal of improving patient outcomes, developing innovations, and advancing the specialty.

## **Body Contouring Surgery**

A simple to understand guide about what to expect with Weight Loss and Surgery. Losing weight will improve your health, stamina, and mental disposition in many ways. Just losing a small amount of your current weight can make a difference in the way you feel and look. Why Surgery After Massive Weight Loss? Once you reach your weight loss goals you may not have the fit and healthy body image you desire. Following massive weight loss, the skin and tissues that have been severely stretched over the years, often lack elasticity and cannot readjust to the new, smaller size of the body. As a result, sagging pockets of skin may form around the face, neck and jaw line, at the upper arms, lower back, the abdomen region and around the hips, buttocks, groin area and thighs. The surplus, sagging skin that is left behind after massive weight loss, can cause considerable hygienic problems, skin irritation, skin breakdown, pain and even infection. This loose, sagging skin looks abnormal in most cases and gets in the way of normal activities or movement. After losing the weight, the next stage of this journey is a series of operations called body contouring, where Dr. Okpaku removes the excess tissue, sculpts and restores the body to a more normal, aesthetically pleasing state, and for most patients this is a positive transformation, a dramatic return to health and self-confidence.

## **The Safe and Sane Guide to Teenage Plastic Surgery**

The ultimate guide to aesthetic surgery from world famous aesthetic surgeon Foad Nahai *The Art of Aesthetic Surgery: Principles and Techniques, Third Edition: Breast and Body Surgery – Volume 3* by internationally revered aesthetic surgeon Foad Nahai, distinguished section editors William Adams, Jeffrey Kenkel, and John Hunter, and an array of new contributors is part of an encyclopedic, three-volume masterwork. Considered the quintessential resource on cosmetic surgery since its inception, readers can purchase each volume separately or as a set, including a bonus e-book with access to online videos. The field of aesthetic plastic surgery has witnessed a dramatic increase in breast and body-contouring procedures, in normal-weight patients as well as individuals who have lost massive amounts of weight. As such, new procedures and refinements of existing techniques have been developed since publication of the last edition.

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## **The Art of Aesthetic Surgery: Breast and Body Surgery, Third Edition - Volume 3**

Cosmetic surgery is one of today's hottest topics. From daytime talk shows and popular magazines to conversations at the salon, it seems that almost everyone has had it, is thinking about it, or knows someone who is getting it. Statistics show more and more women—and men—are having cosmetic surgery. And with all the options now available, it's important to be fully informed before you make any decisions about having a procedure. Now, *Cosmetic Surgery For Dummies* is here to guide you through today's top procedures, candidly addressing both the benefits and the risks. R. Merrel Olesen, MD, the medical director of the La Jolla Cosmetic Surgery Centre, and Marie B.V. Olesen, a nationally known cosmetic surgery consultant, give you the tools you need to: Decide if surgery is right for you Find a qualified surgeon Set realistic expectations Evaluate the costs Enhance your recovery and results This plain-English guide shows you how to take advantage of all the advances in cosmetic surgery while avoiding the pitfalls that could compromise your safety or the quality of your result. From implants to liposuction to Botox, you'll understand the right questions to ask your doctor, how to prepare for surgery (both physically and financially), and the best ways to influence the healing process. You'll also: Discover the latest surgery techniques and medications Understand the different surgeon specializations Sort through the various non-surgical facial treatments Evaluate your post-op care options Cope with complications Deal with family, friends, and coworkers before and after surgery Complete with lists of questions to ask before surgery and top Web sites for cosmetic surgery information, *Cosmetic Surgery For Dummies* is a practical, friendly guide that will help you say hello to a new you!

### **Surgery After Massive Weight Loss**

As plastic surgeons, we seek to combine art and science to improve the results we see in clinical practice. Through our artistic sensibilities, we try to understand and obtain aesthetic results. Scientific analysis provides the data to predict which approaches will be successful and safe. Both art and science connote a high level of skill or mastery. At the present time, our literature is replete with descriptions of specific procedures for body contouring. However, there remains a need for a definitive reference describing the basic principles to address the complete scope of body contouring including the postbariatric patient and their plastic surgery deformities. Dr. Shiffman and Dr. Di Giuseppe saw this need and sought to address the needs of plastic surgeons faced with the complexities of body contouring surgery. This is a comprehensive text aimed at providing multiple perspectives. The numerous sections, which include a- posity and lipolysis, the breast, abdomen, chest, and buttocks, the extremities, and liposuction, offer various approaches from the foremost authors. Indeed it is with a tremendous amount of skill and mastery that Dr. Shiffman and Dr. Di Giuseppe have successfully edited and collated the numerous contributions to this work. In addition, they have authored individually or, in collaboration, over a dozen of the 87 total chapters. Their combined work as editors and authors are e- dent throughout their text. The final result is a comprehensive contribution that will benefit all plastic surgeons seeking to improve their approach to body contouring.

## **The Art of Aesthetic Surgery: Breast and Body Surgery, Third Edition - Volume 3**

This issue of *Clinics in Plastic Surgery*, guest edited by Drs. Alan Matarasso and James E. Zins, is devoted to Abdominoplasty. Topics in this issue include: Lipoabdominoplasty, Progressive Tension Sutures, Abdominoplasty with Combined Surgery, Non-invasive Abdominal Surgery, Abdominoplasty in the Massive Weight Loss Patient, Lower Body Lift, Abdominal Etching, Deep Venous Thrombosis (DVT) Prophylaxis, High Definition Liposuction, and Body Q.

## **Cosmetic Surgery For Dummies**

Obesity has become a worldwide epidemic. An increasing number of patients are undergoing weight loss procedures, resulting in an increase in patients with massive weight loss desiring body contouring surgeries. These patients can present with very challenging deformities of skin laxity, and are at higher risk of complications. Most texts only provide a chapter with basic descriptions of procedures for managing moderate deformities, with short discussions of complications. *Managing Body Contouring Challenges and Complications* offers comprehensive insight on the management of the most complex deformities after weight loss. Procedures are described in a step-by-step fashion, including small pearls of knowledge. This book also includes complex subjects not addressed in other books such as arm band deformities in brachioplasty, gluteal crease elongation in lower body lifting, recurrent saddlebag deformities, breast implant problems in massive weight loss, and many other topics. *Managing Body Contouring Challenges and Complications* focuses on the most challenging deformities and how to optimize results. Disappointing long term results are used to teach key areas of difficulty or potential pitfalls to avoid. This book also highlights evidence-based outcomes data from large studies to help guide surgical decision making.

## **Body Contouring**

Successfully perform one of today's most frequently requested plastic surgery procedures. Written by a leading authority on the subject, this heavily illustrated operative guide examines all of the aspects and variations of abdominoplasty. Nearly 500 full-color illustrations and photographs show you in clear, clinical detail the pre-, intra-, and postoperative steps for each procedure. Comprehensive coverage of a full range of topics related to this surgery—from patient selection and incision placement...to ancillary procedures, contraindications, and complications—make you aware of key considerations and enable you to safely perform more of the latest procedures. Covers a full range of topics associated with abdominoplasty—from patient selection and incision placement...to ancillary procedures, contraindications, and complications—highlighting key considerations and enabling you to safely perform more procedures. Examines the practice of liposuction in abdominoplasty procedures to show you how to combine both for the best results from each surgery. Offers coverage of endoscopic surgery techniques to equip you with the latest procedures. Uses nearly 500 full-color illustrations and photographs that depict in clear, clinical detail the pre-, intra-, and postoperative steps for each procedure for superb visual guidance. Addresses specific patient populations such as the massive weight loss patient and the obese, emphasizing the special operative considerations affecting these groups. Follows a consistent format throughout that makes reference quick and easy.

## **Abdominoplasty, An Issue of Clinics in Plastic Surgery**

This comprehensive book covers anatomy, recent techniques, postoperative care, possible complications and outcomes in aesthetic surgery of the abdomen. The extensive section on aesthetic procedures includes many important innovations in abdominoplasty. Detailed consideration is also given to the various potential complications, with guidance on their prevention, diagnosis, and management. The book is written by acknowledged experts in the topics on which they write. It will be of value for residents and fellows and more experienced surgeons in the fields of plastic surgery, general surgery, cosmetic surgery and general surgery.

## **Managing Body Contouring Challenges and Complications**

This book is written as a guide for patients suffering from lipedema. Known as a common, painful fat distribution disorder characterised by a disproportional fat accumulation, lipedema represents an unmet medical need where scientific evidence on both pathophysiology and its treatment is still lacking. As the number of affected patients is increasing, besides striving to map the conundrum of clinical signs and relate these to their underlying mechanisms, developing standardised approaches addressing both fat mass reduction and body contouring are key issues able to warrant therapeutic success. In this book, our intention was to look at this complex disease from all its actual perspectives and provide a concise summary of the actual state of knowledge for all those affected. After looking into the most actual data on the aetiology, pathophysiology and course of the disease, the book then focuses on our complex treatment protocols where recurrent conservative and surgical treatment options are systematically analyzed, considering their long-term chances of success as well as associated risks and side effects. We propose a three step treatment approach. 1st step initiates with weight control and addresses obesity, if present. 2nd step is an individual liposuction therapy plan to treat all lipedema areas, and more. 3rd step includes body contouring surgery, only in patients with massive skin laxity after liposuction and / or massive weight loss.

## **Atlas of Abdominoplasty E-Book**

This book has evolved from an earlier best-selling title, "Body Contouring after Massive Weight Loss" authored by Dr Aly. It provides clear, step-by-step instruction for performing body contouring procedures in each anatomic area. Comprehensive chapters are included on the range of contouring operations. Each procedure is liberally illustrated with medical art as well as numerous preoperative, intraoperative, and postoperative images to demonstrate the technical nuances of these operations and the possible results that can be achieved. To complement this book, two DVDs are included with operative video.

## **Aesthetic Plastic Surgery of the Abdomen**

Over the past decades, surgical techniques have greatly progressed to improve and correct appearance. They are artistic procedures to give the highly demanded proportions. The growing public interest in aesthetic and plastic surgery interventions such as body contouring and sculpting requires clear description and differentiation of these highly sophisticated techniques, their results and combinations, as well as scientific information about the different instrumentation, devices and materials used. Such clarification will be hugely beneficial both for patients and doctors, having in mind the increasing number of such interventions and progressing interest for a better and healthy living including improved appearance in society. The book adds some scientific news to the understanding of body contouring treatments. Currently, the request for atraumatic, short downtime procedures predominates and demonstrates the importance of hi-tech and safe liposculpture and fat transfer, although they cannot totally replace surgical excision methods.

## **Lipedema**

Liposuction is currently the number one aesthetic surgical procedure performed by plastic surgeons in the United States and Americans spend more money on liposuction than on any other aesthetic surgical procedure. Almost 500,000 cases are currently performed yearly by board certified plastic surgeons and it is estimated that at least 20% of the cases are ultrasound assisted. Current ultrasonic liposuction devices are significantly different than the previous generations and require a certain level of technical expertise in order to achieve good outcomes with the technique. Although there are chapters devoted to the technique in general body contouring textbooks, there are no current textbooks that fully cover this important technique. The text is divided into three distinct sections for ease of use. Section I: Fundamentals will cover basic techniques and safe use of the devices for plastic surgeons looking to add ultrasound-assisted liposuction to their practice. Section II: Clinical Applications explores use of the devices for commonly performed surgeries, including facial, trunk, extremity (arm and leg), and buttock contouring as well as gynecomastia. Section III: Special



Applications takes a focused look at the VASER device and its use in more complicated situations, with chapters handling silicone injection complications and contouring in a massive weight loss patient. Featuring contributions from leaders in the field, alongside full color photos and a special introductory video, Ultrasound-Assisted Liposuction serves as a reference for surgeons currently using ultrasonic techniques in liposuction and those looking to get started.

## **The Art of Body Contouring**

Fully updated to meet the demands of the 21st-century surgeon, *Aesthetic Plastic Surgery, Volume 2 of Plastic Surgery, 3rd Edition*, provides you with the most current knowledge and techniques in aesthetic plastic surgery, allowing you to offer every patient the best possible outcome. Access all the state-of-the-art know-how you need to overcome any challenge you may face and exceed your patients' expectations. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Compatible with Kindle®, nook®, and other popular devices. Apply the very latest advances in aesthetic plastic surgery and ensure optimal outcomes with evidence-based advice from a diverse collection of world-leading authorities. Purchase this volume individually or own the entire set, with the ability to search across all six volumes online! Master the latest nonsurgical aesthetic therapies, including cosmetic skin care, Botulinum toxin treatments, soft tissue fillers, and skin resurfacing. Apply the most recent techniques in rhinoplasty, body contouring, facelift techniques, and the growing field of Asian facial cosmetic surgery. Know what to look for and what results you can expect with over 1,400 photographs and illustrations. See how to perform key techniques with 41 surgical videos online. Access the complete, fully searchable contents online, download all the tables and figures, and take advantage of additional content and images at [www.expertconsult.com](http://www.expertconsult.com)!

## **Body Contouring and Sculpting**

Completely revised to meet the demands of today's trainee and practicing plastic surgeon, *Aesthetic, Volume 2 of Plastic Surgery, 4th Edition*, features new full-color clinical photos, dynamic videos, and authoritative coverage of hot topics in the field. Editor-narrated PowerPoint presentations offer a step-by-step audio-visual walkthrough of techniques and procedures in aesthetic surgery. Offers evidence-based advice from a diverse collection of experts to help you apply the very latest advances in aesthetic plastic surgery and ensure optimal outcomes. Provides updated coverage of: Facelift - The male patient; Energy-based devices for body contouring; Autologous gluteal flaps for augmentation and preservation of gluteal contour; Buttock shaping with fat grafting and liposuction; and Essential elements of patient safety in *Aesthetic Plastic Surgery*, just to name a few. New volume editor J. Peter Rubin brings his expertise and know-how to all aspects of aesthetic surgery.

## **Ultrasound-Assisted Liposuction**

Comprehensive and fully up to date, the six-volume *Plastic Surgery* remains the gold standard text in this complex area of surgery. Completely revised to meet the demands of both the trainee and experienced surgeon, *Aesthetic Surgery, Volume 2 of Plastic Surgery, 5th Edition*, features new, full-color clinical photos, procedural videos, lectures, and authoritative coverage of hot topics in the field. Editor-narrated video presentations offer a step-by-step audio-visual walkthrough of techniques and procedures. New chapters cover local anesthesia, anatomic blocks of the face and neck, facelifts, neck rejuvenation, energy devices in aesthetic surgery, and aesthetic genital surgery; coverage throughout includes new, pioneering translational work shaping the future of aesthetic surgery. New digital video preface by Dr. Peter C. Neligan addresses the changes across all six volumes. New treatment and decision-making algorithms added to chapters where applicable. New video lectures and editor-narrated slide presentations offer a step-by-step audiovisual walkthrough of techniques and procedures. Evidence-based advice from an expanded roster of international experts allows you to apply the very latest advances in aesthetic surgery and ensure optimal outcomes. Purchase this volume individually or own the entire set, with the ability to search across all six volumes

online!

## **Plastic Surgery - E-Book**

Aesthetic Plastic Surgery - edited by Sherrell J. Aston, MD, Douglas S. Steinbrech, MD and Jennifer L. Walden, MD - brings you the masterful expertise you need to achieve breathtaking outcomes for every cosmetic surgery procedure, including MACS lift, endoscopic mid and lower face rejuvenation, lid/cheek blending - the tear trough, cohesive gel breast augmentation, lipoabdominoplasty, and many more. A "who's who" of international authorities in plastic surgery explain their signature techniques, giving you all the know-how you need deliver the exceptional results your patients demand. Operative videos on DVD let you observe these techniques being performed in real time; and Expert Consult online access enables you to reference the text, download the images, and watch the videos from any computer. Coverage of hot topics includes MACS lift, endoscopic mid and lower face rejuvenation, lid/cheek blending - the tear trough, the newest rhinoplasty techniques, cohesive gel breast augmentation, fat grafting techniques, details of the latest injectables and fillers, and many other highly sought-after procedures. Operative videos - on DVD and online - let you see how leading experts perform more than 50 important techniques, including extended SMAS face lift, traditional inverted-T breast augmentation, and lipoabdominoplasty. Nearly 1600 full-color photographs and illustrations demonstrate what to look for and what results you will achieve. A consistent, extremely user-friendly organization guides you through history, evaluation, anatomy, technical steps, post-operative care, complications, and pearls and pitfalls for each procedure - giving you all the advice you need to make informed, effective decisions and avoid complications and disappointing results. Expert Consult online access allows you to reference the complete contents, perform rapid searches, download the images, and watch the operative videos from any computer. Your purchase entitles you to access the web site until the next edition is published, or until the current edition is no longer offered for sale by Elsevier, whichever occurs first. If the next edition is published less than one year after your purchase, you will be entitled to online access for one year from your date of purchase. Elsevier reserves the right to offer a suitable replacement product (such as a downloadable or CD-ROM-based electronic version) should online access to the web site be discontinued.

## **Plastic Surgery - E-Book**

**PREFACE** Over the last decade, bariatric surgeons have witnessed more dramatic advances in the field of bariatric surgery than in the previous 50 years of this relatively young discipline. These changes have certainly been fueled by the great obesity epidemic beginning in the 1970's which created the demand for effective treatment of severe obesity and its co-morbidities. The gradual development and standardization of safer, more effective, and durable operations such as Roux-en Y gastric bypass (RYGB), biliopancreatic diversion, duodenal switch, and adjustable gastric banding account for the first wave of advances over the last decade. More recently, the advent of minimally invasive surgery in the mid 1990's accounts for the second wave of major advances. Fifteen years ago, fewer than 15,000 bariatric procedures (mostly vertical banded gastroplasty) were performed each year in the U.S. and all were performed with a laparotomy requiring nearly a week of hospitalization and 6 weeks of convalescence. Mortality rates exceeding 2 percent and major morbidity exceeding 25% was the norm. It later became apparent that the laparotomy itself accounted for much of the morbidity of bariatric surgery contributing to major impairment in postoperative cardiopulmonary function leading to atelectasis, pneumonia, respiratory failure, heart failure, and lengthy stays in the intensive care unit for a significant subset of patients. Furthermore, wound complications including infections, seromas, hernias and dehiscences were the norm rather than the exception. Hernias were so common (20-25%) that they were often considered the second stage of a bariatric procedure. Today, over 200,000 bariatric procedures are performed each year in the U.S. and nearly twice that figure worldwide. Nearly all gastric banding procedures, an estimated 75% of RYGB procedures, and even some BPD procedures are performed laparoscopically indicating that the laparoscopic approach has been widely adopted in bariatric surgery. The dramatic reduction in postoperative pain, hospital stay to 1-3 days, recovery to 2-3 weeks, incidence of intensive care utilization to 5% along with a great reduction in cardiopulmonary

complications and wound complications can be attributed to the laparoscopic approach. Operative mortality of less than 1% is now common and perhaps also attributable to laparoscopic surgery. Indeed bariatric surgery has become safer and more desirable because of laparoscopic surgery. This textbook, *Minimally Invasive Bariatric Surgery*, is intended to provide the reader with a comprehensive overview of the current status of bariatric surgery emphasizing the now dominant role of laparoscopic techniques. It is our intention to address issues of interest to not only seasoned and novice bariatric surgeons but all health care providers who participate in the care of the bariatric patient. Specifically, we expect surgical residents, fellows, allied health, and bariatric physicians to benefit from this book. At the onset of this book, we invited contributing authors who we considered the most authoritative, coming up with a "Who's Who" list of bariatric surgeons. The reader will note among the authors a high degree of clinical expertise, international diversity, as well as diversity of thought. We have even included a chapter on the role of open bariatric surgery to balance the enthusiasm of the editors to minimally invasive surgery. Furthermore, we're thankful for our good fortune in recruiting authors who have been on the forefront in developing and teaching specific procedures. Although not intended to be an atlas of bariatric surgery, this text does provide detailed illustrations and descriptions of all the common procedures with technical pearls from the surgeons who introduced them to the world. The benefits of laparoscopic surgery, however, must be balanced with the significant training challenges posed by laparoscopic bariatric surgery. Special emphasis on learning curves and training requirements are found throughout this text. A chapter on training and credentialing is included to update the reader on current guidelines. To further enlighten the reader, we also have included chapters on special issues and controversial subjects including laparoscopic instruments and visualization, bariatric equipment for the ward and clinic, medical treatment of obesity, hand-assisted surgery, hernia management, diabetes surgery, perioperative care, pregnancy and gynecologic issues, and plastic surgery after weight loss. Chapter 24, "Risk-Benefit Analysis of Laparoscopic Bariatric Procedures," is particularly useful in that it compares head-to-head the risks and benefits of all the major operations. Finally, we do incorporate chapters that focus on new and futuristic operations such as sleeve gastrectomy, gastric pacing, and endoluminal/natural orifice surgery – perhaps the next wave of minimally invasive surgery. In the wake of the laparoscopic revolution of the 1990's, minimally invasive approaches to nearly every abdominal procedure and many thoracic procedures have been devised; however, in reality, only a few common procedures are now performed with a laparoscopic approach as the standard (ie. 50%). Laparoscopic cholecystectomy, Nissen fundoplication, and bariatric procedures represent the major triumphs thus far of the laparoscopic revolution. Perhaps, bariatric operations represent the best application of minimally invasive procedures because avoidance of an extensive laparotomy in the high-risk bariatric population provides the greatest relative benefit. We hope that you encounter as much enjoyment reading *Minimally Invasive Bariatric Surgery* as we have had writing it! Now, on to the next revolution in bariatric surgery! Phil Schauer, MD Bruce Schirmer, MD Stacy Brethauer, MD

## **Plastic Surgery - E-Book**

Intended as a companion to the recently published, *Evidence-Based Cosmetic Breast Surgery* (978-3-319-53957-7), *Evidence-Based Body Contouring Surgery* and *VTE Prevention* once again concentrates on the science, relying on data rather than expert opinion. In his familiar detail-oriented style, Eric Swanson critically evaluates popular body contouring procedures such as liposuction, abdominoplasty, arm lifts, thigh lifts, and buttock fat transfer. The source material is published in the major peer-reviewed plastic surgery journals. The conclusions frequently challenge conventional wisdom. Fat redistribution theory is dispelled. A unique chapter titled "The Metabolic Effect of Liposuction" reveals some surprising positive effects of liposuction. The limitations of alternative nonsurgical treatments are the subject of a chapter titled "Evaluating New Technologies." A novel chapter describes SAFE (Spontaneous breathing, Avoid gas, Face up, Extremities mobile) anesthesia as a replacement for traditional general endotracheal anesthesia – lowering risk, minimizing blood loss, and reducing recovery times. The last two chapters will have many readers reconsidering traditional methods of venous thromboembolism (VTE) prevention. Chapter 12 exposes the shortcomings of risk prediction methods and routine anticoagulation. The final chapter describes the use of ultrasound for VTE surveillance. These chapters will likely find an audience among surgeons from all specialties and anesthesiologists. For scientifically inclined readers, whether seasoned surgeons or

residents, this unique resource may well lead to evidence-based changes in their practices.

## **Aesthetic Plastic Surgery E-Book**

The definitive full-color illustrated atlas of breast and body contouring surgical procedures Includes DVD with video clips Part of the McGraw-Hill Plastic Surgery Atlas series, Body Contouring is a full-color, step-by-step guide to learning how to perform both traditional and contemporary plastic surgery procedures relative to breast and body contouring. Two hundred medical illustrations and more than two hundred photographs – all in full color – offer unmatched coverage of the required surgical steps and actual results. A companion DVD features skill-building surgical video clips. For each procedure, you'll find a complete review of key topics, including: Introduction to the surgical approach Relevant anatomy Indications Markings Details of the procedure (incision and exposure) Postoperative care Pitfalls Tips Part I of Body Contouring addresses important clinical concerns such as the safety of surgical techniques, intraoperative positioning, psychological issues, and issues pertaining to massive weight loss and surgical wound care. Part II then reviews specific body contouring surgical procedures by body region, beginning with the upper extremity, and proceeding to the female breast, male chest (gynecomastia), abdomen, back, and lower extremity. Learn all aspects of body contouring surgery, step by step: Breast surgery: Reduction; Mastopexy; Augmentation; Lifting; Gynecomastia; Arm and thigh contouring with liposuction and excisional techniques; Abdominoplasty, upper and lower, with hernia repair techniques; Back contouring

## **Minimally Invasive Bariatric Surgery**

Your trusted guide to surgical weight-loss Sixty percent of individuals over the age of 20—or 58 million people in the U.S.—are overweight. As the obesity epidemic continues to grow, many Americans are researching the benefits and complications of weight-loss surgeries. *Weight Loss Surgery For Dummies*, 2nd edition is the most up-to-date and authoritative guide to understanding the impact of surgical weight-loss before, during, and after surgery. Weight-loss surgery is often an overweight person's last resort, and it comes with many risks, questions, and fears. So how do you know if it's right for you? *Weight Loss Surgery For Dummies* gives you expert guidance on knowing whether you qualify for the procedures, advice on choosing the best center and doctor, and trusted information on evaluating the risks involved. Plus, it helps you plan to finance the procedure, prepare for surgery, and achieve the best results as you adjust to a new diet and lifestyle post-surgery. Trusted information on choosing a weight loss surgery that's best for you Advice on what to expect before, during, and after surgery Sample recipes and information to ensure you're getting proper nutrition post-surgery If you or a loved one is considering gastric bypass surgery, *Weight Loss Surgery For Dummies* gives you everything you need to decide if it's the right course of action, what to expect during recovery, and how to ensure the best results through healthy eating behaviors and regular physical activity.

## **Evidence-Based Body Contouring Surgery and VTE Prevention**

This up-to-date discourse on body contouring surgery is based on the experience of a plastic surgeon who is renowned as an innovator and repeatedly reports excellent results. Patient selection, preparation, surgical procedures, and aftercare are presented for those desiring body contouring after massive weight loss, pregnancy, and/or aging. The emphasis is on technique, which is precisely described and filmed, and the videos are full length and divided into brief segments. *Comprehensive Body Contouring* is a thorough discussion of the surgical principles presented and referred to throughout the text. Brachioplasty, mastopexy, breast augmentation, upper and lower body lifts, buttockplasty, thighplasty, the full gamut of lipoplasties, and the coordination of these procedures are described in detail. Technique and decision making are contrasted with the writings of other well-known authors. Standardized images and analysis of evaluations and reported complications support the conclusions.

## **Body Contouring**

Weight Loss Surgery For Dummies

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