

# BARIATRIC COSMETIC SURGERY. LOWER BODY LIFT



**SAMIR SHUREIH MD. FACS**



SAMIR SHUREIH MD  
10 EAST 31 STREET  
BALTIMORE, MD. 21218

5094 DORSEY HALL DRIVE  
SUITE 105  
ELLCOTT CITY, MD. 21042

TEL: 410-243-3035

[COSMETICSURGERYFORME.COM](http://COSMETICSURGERYFORME.COM)

**Bariatric or gastric bypass surgery has become the treatment for morbid obesity. Body contouring after significant weight loss has become very popular among patients after massive weight loss.**

Using the latest techniques in body sculpting individualized to each patient's specific needs and priorities, Dr. Shureih can help you realize the real body shape beneath all the excess skin folds that come as a result of massive weight loss.

Patients experience significant weight loss over a relatively short period of time (usually 12-18 months), after gastric bypass surgery. The stretched skin has lost the elastic qualities necessary to "shrink back" to your new body size. This often leaves patients with excessive amounts of hanging skin that creates a multitude of problems, most important of which the complaint that the patient still feel fat.

A comprehensive approach to the bariatric patient is necessary to achieve the best results, and the body image they can have.

One of the most important considerations for both plastic surgeon and patient to realize is that a bariatric patient must be treated differently from non-bariatric body contouring patients. What has worked well for many years on other patients simply may not provide adequate shaping and contouring for the bariatric patient. The stretching forces resulting in excess skin is different than what is usually seen in the non bariatric patient.

Patients who have undergone gastric bypass surgery have numerous areas of concern which may differ from patient to another.

These areas include a combination of the following:

**-Breast ptosis, or droopiness, with or without loss of breast volume** (Mastopexy is a procedure to lift the breasts and may be performed with or without the addition of breast implants to improve shape, fullness and cleavage.) Breast implants assure fullness in the empty upper pole of the breast.

**-Sagging of the facial skin** (Face lifting, forehead lifting and eyelid surgery, along with neck contouring and neck definition, may be necessary to achieve complete facial rejuvenation. The face lift should be customized to the needs of the individual.

**- Abdominal skin laxity, laxity of the muscles of the abdominal wall.** Abdominoplasty or a lower body lift procedure can contour the abdomen, hips and buttock. After massive weight loss, laxity can be horizontal and vertical, as well as circumferential. Abdominal laxity has to be studied very well so a plan of repair can be formulated. Liposuction may still be needed for resistant areas.

**-Hanging skin of the arms** (Brachioplasty is a technique to lift the arms). Liposuction may be needed along with the removal of excess skin.

**-Wrinkling and excessive skin folds of the thighs** A medial thigh lift can lift the inner thighs, with or without liposuction. The lateral thigh and the buttock, posterior thigh is lifted through a circumferential abdominal lift, or lower body lift.

Obviously all of these concerns cannot be addressed simultaneously during one operation. However, two procedures usually can be safely combined. During your consultation, Dr. Shureih will assess your needs and your priorities as well as your concerns to help you develop a comprehensive plan for your body contouring.

The cornerstone of a successful approach to body contouring is to individualize treatment to your specific needs and goals and to ensure that you have full understanding of the issues involved so that you are able to make an intelligent decision.

If you think you might be a good candidate for body contouring following significant weight loss, call for your personalized consultation.

### **Consultation**

During your initial consultation, Dr. Shureih will inquire about your medical history, prior procedures, medications, allergies, and your motivations for seeking cosmetic surgery. It is very important that you be thorough when providing your medical history, as this information helps to prevent complications during your care. When asked about medications, be sure to include any vitamin or herbal preparations, as these can affect your blood pressure and clotting ability and lead to major complications.

Smoking and alcohol is also very important, as these may have a profound impact on your recovery and your ability to heal following your surgery. Remember that second

hand smoke is as harmful.

Dr. Shureih will discuss your concerns, priorities. After examining you, he will be able to offer advice and options to help you achieve the body you desire. He will explain the advantages and disadvantages of the different options you have before you.

At the completion of your consultation, you should be given a written estimate of the cost of your procedure. At this time, you will also have the option to schedule your procedure if you so choose. The decision to undergo surgery is a very important one, and the final decision should be given very careful consideration. You are also encouraged to bring your spouse, family member, or a friend to your consultation. Any body who has or will have an opinion regarding the surgery or the results should be involved in the consultation process.

### **Where Your Procedure Will Be Performed**

Most patients undergoing body contouring following significant weight loss choose to have their surgery performed in a full service hospital, and many also choose to stay overnight following surgery. Sometimes an overnight stay is required, depending on the procedure you choose and your overall health status. Alternatively dividing your surgeries into multiple smaller procedures allows us to perform the procedure in our surgical facility. A private duty nurse can care for you in the comfort and privacy of your own home, or your family or friends may care for you during the early postoperative period. You will need help in the first few days after surgery.

## **Type(s) of Anesthesia**

Anesthesia is an essential part of any surgical procedure and must be performed safely. General anesthesia or in some cases Local with Sedation is preferred for most of these procedures. You are asleep, feel no pain, and will not remember the procedure.

Intravenous sedation, called "twilight sleep," is a combination of local anesthetic administered at the surgical site by the surgeon and intravenous sedation administered by the anesthesiologist. You should feel no pain, and you will not remember the procedure.

We strive to make your experience as pleasant as possible.

Dr. Shureih will discuss all of these options with you more thoroughly at the time of your consultation; we encourage you to ask about anything you do not understand. All your questions should be asked prior to surgery.

## **Details of the Procedures**

As mentioned previously, it is important to develop a comprehensive approach to your body contouring. This has evolved into several specialized techniques meant to optimize your results. These include:

- Developing a clear overall strategy during the consultation process and reviewing this plan during the preoperative visit. This plan will be reviewed thoroughly so that you have a full understanding of the procedures, incisions, scars and results you can be achieved.

- Precise preoperative skin marking prior to surgery. While you are standing, Dr Shureih will make marks on the skin

identifying certain landmarks as well as the intended incisions. Not only does this provide information necessary during the operation, but it also allows you to review the operative plan one more time with before undergoing the procedure.

-Careful but considerable suture techniques to provide support to the incisions during the healing process. By using multiple layers of strong sutures beginning deep in the tissues and finishing superficially, the resulting scar is optimized. Eventual scarring depends on the surgical closure, the quality of the tissue being operated on, the amount of stretch and your genetic factors.

Depending on the combination of procedures you choose, surgery will probably last between four and eight hours. After you are properly anesthetized, Dr. Shureih will make the incisions necessary for removal of excess skin and fat. For a tummy tuck, the muscles of the abdominal wall are usually tightened using strong, permanent internal sutures. Some patients have hernias in the abdominal wall, and these may also be repaired during a tummy tuck. Hernia repair with a plastic mesh may be necessary to reinforce the weakened abdominal wall. Some patients may require liposuction of the upper abdomen at the same time.

A circumferential lift may be needed in some patients, this will require extending the incision around the back to the buttock crease.

At the completion of the operation, a sterile dressing is applied to the incisions, and a compression garment is

applied to the region of the body being treated. This compression garment helps support your incisions during healing, decreases postoperative swelling, and helps decrease any bruising that may occur.

## **After Your Procedure**

If you are staying overnight in the hospital, you will be transported from the recovery room to your own room. You will have a PCA pump (Patient Controlled Analgesia) available so that you will only need to push a button to self-administer pain medications when needed.

You will also be provided with thorough postoperative instructions and a phone number so that you may reach your Dr. Shureih directly at any time with any questions or concerns you might have.

Alternatively, if you decide to go home in the company of a private duty nurse, you will be discharged after spending one to two hours in the recovery room.

The antibiotics that were prescribed during your preoperative visit (usually Augmentin) should be taken twice daily beginning on the evening prior to surgery. Continue this medication until it is gone. The pain medication (usually percocet) should be taken fairly regularly, every four to six hours, during the first twenty-four hours (when you are not asleep, of course). Most patients find that they are able to transition to Tylenol after four to five days. It is not safe to drive a car within twenty-four hours of surgery, or while taking pain medication, as your reflexes and alertness may be altered.

You should plan to take it easy following your surgery. No strenuous activities, heavy lifting (over 10 pounds), exercises, swimming, contact sports, should be planned for three to four weeks. As Dr. Shureih monitors your recovery, he will advise you when it is safe to resume specific activities.

You should plan to wear the compression garment for three weeks following surgery. Dr. Shureih will remove the drainage tubes within several days following surgery as the drainage decreases to an acceptable level.

### **The Results You Can Expect**

You will notice an improvement in your body contour immediately. However, your shape will continue to improve in the following weeks as the swelling subsides. You should be up and walking the day following surgery, although you will be sore for several days. You should be able to resume your normal daily activities within several days following surgery, and you should be able to resume all of your physical activities within three to four weeks of surgery.

### **Potential risks**

Surgery carries a certain amount of risk, those include, infection, bleeding, fluid collection skin loss, delayed wound healing, scarring, possible wide thick scars. Blood clots, fat emboli, stretching of the scars and resulting pull on the body parts.

**As a result of your body contouring, you should be able to look as good as you feel and enjoy your new body.**

# LOWER BODY LIFT

Samir Shureih, MD  
Cosmetic  
Surgery  
TOP DOG

DR. SAMIR SHUREIH, BALTIMORE AND ELLICOTT CITY OFFICES

Lower body lift, involves tightening the flabby inelastic skin of the ABDOMEN, LATERAL THIGHS, MEDIAL THIGHS, AND BUTTOCKS.

Skin excess and laxity results from large weight loss, this is especially true for people who lose weight from diet or those who lose weight from gastric surgery.

The incisions are well hidden within the creases of the thigh and lower abdomen.

Lower body lifts are commonly combined with liposuction to give the new body image its natural curves. The final results are a total body image transformation, and a



NEW BODY IMAGE



CALL FOR APPOINTMENT

Dr. Shureih has a vast experience with body lift surgery, its art and safety. We work with you in a respectful confidential atmosphere. Sensitive to all your

410-243-3035



Hidden scars