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Building Your Body: Cosmetic Surgery from Head to Toe

Topics Covered:

Don't Be a Boob – Keep Abreast of the Latest in Cosmetic Breast Surgery

Need a Lift? Pros and Cons of Breast Augmentation

Implant Info – Five Things to Think About Before Your Surgery

Down Play Your Assets – The Ins and Outs of Breast Reduction

Overview of Breast Reconstruction after Cancer

Men Have Breast Surgery Too

Why Male Pectoral Implants Helps Some People

Butt Ugly - What the Heck is a Buttocks Implant Anyway?

Stomaching Surgery - The Basics of the Tummy Tuck

Ten Reasons to Have an Abdominoplasty

Tummy Tuck Troubles- Several Reasons NOT to Have One

Weighing In – Is Gastric Bypass Right for You?

Gastric Bypass – What are the Risk Factors?

You Can Raise Your Hands in the Air Again with an Arm Lift

Building Your Body: Cosmetic Surgery from Head to Toe

Don't Be a Boob – Keep Abreast of the Latest in Cosmetic Breast Surgery

These days, women have numerous options in regards to cosmetic breast surgery. Therefore, it would be a good idea to read up on the latest information. Of course, depending on the type of breast cosmetic surgery you have will depend on the information you find. For instance, there are four main types of breast surgery available to women. The first and most common is breast augmentation. Secondly, women might seek breast reduction cosmetic surgery if they are suffering from overly large breasts. There are also many cosmetic surgeries performed for breast lifts as well as reconstruction of a breast after a mastectomy due to cancer. For each procedure, the surgery is not the same – different incisions are made, possibly different anesthesia and varying recovery times.

Breast augmentation cosmetic surgery usually deals with implants that are supposed to enhance a woman's bust line. There are various types of implants like ones with silicone gel. Unfortunately, there has been much controversy over the use of these silicone implants. Stories of silicone leakage causing neurological problems and other health issues have been circulating for years, with conflicting reports on whether or not the silicone implants are really the cause of these health problems. There have been new versions of the silicone implant created that supposedly do not leak and are more natural looking. However, clinic trials are expected to take a long time.

Saline implants account for at least ninety percent of breast augmentation cosmetic surgeries. Saline is basically a saltwater base that can be absorbed back into the body on the off-chance of any leakage problems. There are various shapes and sizes of these saline implants, with the adjustable implants gaining popularity. These adjustable implants are just like they sound. A little valve is on the back that can be used to inject or remove saline, depending on how big you want your bust line to look. For up to six months after your breast surgery, you can adjust the size in a simple office visit, most likely under a local anesthesia.

There are also round implants as well as one that is contoured to achieve a more natural teardrop shaped breast. Various implants are available that you can choose that will help you achieve a particular breast profile. By bringing photos of celebrity breasts or other examples to the cosmetic surgeon, this will be a good guide on what you want done. Then you both can work together to determine the best alternative for your breast augmentation.

Breast reduction is another popular cosmetic surgery. When a woman's breasts are too large, day-to-day activities can become painful, never mind any physical activities. Bra straps working overtime to provide support cut into the skin along with neck and back pain are the most common problems. Breast reduction surgery is often their best recourse to resume a relatively pain-free life. With breast reduction, recovery can be similar to those women going for breast augmentation. However, with a relatively new procedure called the "wet technique," bruising, loss of blood and swelling tissues can be drastically reduced. This "wet technique" involves an

injection of epinephrine and a local numbing agent or anesthetic early into the breast reduction surgery.

With breast reconstruction, a lot of different factors are involved. Sometimes, breast reconstruction can happen at the same time a mastectomy is performed. Other times, there is a delay between the mastectomy and breast reconstruction. It is very much dependent on whether or not the woman has to undergo radiation. In addition, skin expansion may also be factored in if the mastectomy made the skin in the chest area too tight. Because of these factors and many more, your cosmetic surgeon would fill you in on all the latest and greatest techniques that might work for you.

Keeping abreast of the latest information makes sense for any woman considering breast cosmetic surgery. Even though it would be an elective procedure for the most part, it is still a serious surgery. It would pay off for you to find out anything and everything you can – from the procedures and risk factor to the latest and greatest in techniques. It is your body a cosmetic surgeon would be cutting into, so be sure you know what you want and feel confident that you are receiving the best in care.

Need a Lift? Pros and Cons of Breast Augmentation

Before even speaking to a cosmetic surgeon about the pros and cons of breast augmentation surgery, you need to do a lot of thinking about the “whys” of having it done. For many women, it is all about self-image. Some women cannot find clothes that fit them due to having no chest at all. Others may have breasts that are two different sizes, so they need a breast augmentation to “level the playing field,” so to speak. No matter what your reasons are, your cosmetic surgeon will likely quiz you considerably to make sure that breast augmentation is what you really want to do. Part of that quizzing is learning the pros and cons to the procedure.

Here are the “pros” or reasons why breast augmentation might be right for you:

1. If your breasts are not the same size, breast augmentation might help them become more in proportion. When your breasts are two different sizes, bras do not fit. Clothes do not fit correctly. Swimsuits can be a nightmare. Your self-esteem and self-confidence needs the boost of a breast augmentation.
2. Perhaps you are recovering from breast cancer and a mastectomy. Breast augmentation can restore some semblance of normalcy in your life – both inside the bedroom and out.
3. Breast augmentation through the use of implants might be beneficial to those women who have little to no chest proportions to speak of. Clothes made for women make allowances for having breasts. So, many times clothes hang on a woman’s body frame improperly due to the lack thereof in this department. Self-esteem and self-confidence are again providing a major boost with breast augmentation.

There are a lot more “cons” than “pros” to the breast augmentation procedure. Here are a few

of those “cons:”

1. Infection is a worry when it comes to breast augmentation cosmetic surgery, especially if it involves implants. Infection can usually set in within a week of having implants. When this happens, the likely scenario will be the removal of the implants until the infection clears up. To be safe, doctors will usually wait several months before trying again.
2. Loss of sensation and scarring are side effects you potentially have to deal with in regards to breast augmentation. The breast, especially the nipple area may lose some sensation right after a surgery. For the most part, you will regain that sensation within a few months. A small percentage loses sensation permanently. Only a small fraction of women reporting changes in sensation say that they are more sensitive than before. You cannot get around having a few scars from the breast augmentation. However, because some people heal differently than others, your scars could become raised and firm and there is even the possibility of the scar growing wider. Not the kind of stuff that dreamy perfect breasts are made out of, is it?
3. When breast augmentation includes implants, the potential for problems increases exponentially. Scars could form around the implant and get firm, causing pain and an uncomfortable rock hard breast. The implant could rupture for some reason; silicone implants can pose serious health threats if they rupture. Breast implants could form visible wrinkles in them or move out of place. Breast could even droop within a few years, causing the implants to shift.
4. Anesthesia is also a big factor in the success of a breast implantation procedure. Allergic reactions are not unheard of during surgery. In addition, recovery times from surgery differ greatly in some people. And by the same token, everyone has different tolerances to pain. You have to decide if the recovery time and pain is worth the price of breast augmentation.

The pros and cons listed above just barely scratch the surface on all of the issues you should keep in mind in regards to breast augmentation. Even though it is a cosmetic procedure, it is still a serious surgery and should be treated as such. Remember, you are in control, so no matter what questions or concerns you have, ask your cosmetic surgeon about them. And remember; always ask for several medical opinions before going under the knife.

Implant Info – Five Things to Think About Before Your Surgery

Women have many reasons for wanting breast augmentation cosmetic surgery. Their left and right breast may not be the same size, so they feel self-conscious about it. Some women may have little to no breasts in which to properly fill out bras and clothing. Being self-conscious about their bodies can undermine their self-confidence and esteem. Other women might be eyeing breast augmentation after having a mastectomy. In all of these cases, the most likely scenario is breast implants. In fact, when it comes to creating breasts or enhancing the size, implants are really the only option for women. As with all medical procedures, there are many things to think about in regards to having breast augmentation cosmetic surgery.

Listed below are but a few of those things you should think about when it comes to getting breast implants as part of your surgery:

1. The risks – Are you fully prepared for all the risks of breast augmentation surgery? There are numerous complications that can occur when receiving a breast implant. First of all, some people may have adverse affects to the anesthesia. Secondly, infection can occur at one or more of the incision sites or around or within the implant itself. Sometimes, scar tissue will form around the implant making your new breasts feel hard and uncomfortable. There is also the chance of the breast implant rupturing.

2. Types of breast implants – While silicone breast implants are not commonly used these days, they are still available. Numerous studies have been conducted regarding the rupture factor of silicone implants. Some scientists say that certain autoimmune or neurological diseases can occur if a silicone leakage occurs. Another camp of scientists says that there is no valid evidence that points to those risks. In any case, silicone implants are soft and malleable and many women who have them say that they produce a more natural looking breast.

Saline implants are safer, especially if an accidental rupture occurs. Because the main ingredients are saline and water, it is easily absorbed by the body. Saline implants are firmer than the silicone version. And with saline, there are more options to choose from in regards to shape, size and adjustments. Some versions of the saline implant have tiny valves where your cosmetic surgeon can add additional saline or take some out, depending on the size and shape you want. With this option, an outpatient clinic visit to perform the adjustment can be done practically up to six months after your surgery.

3. Breast implant placement – The placement of your breast implant is partly up to you and partly up to the surgeon. You have to know all of your options and decide which one is right for you. Once your cosmetic surgeon evaluates you, they will have a good idea on what method of placement would be most beneficial to you. One type of placement puts the implant between the muscle of the chest and the breast tissue. Recovery time is shorter and not as painful, but the drawback is that the implant might be able to be seen through your skin and mammograms are more difficult to conduct. The second type of placement is behind the chest muscle. The recovery time is tougher, but there are slightly fewer risks with his option and mammograms are easier to conduct.

4. Living with no guarantees – Unfortunately, breast augmentation and breast implants come with no guarantees. Just think about the risks that were mentioned above! There are also no guarantees that the result you get will be exactly what you want. While the cosmetic surgeons try to make incisions where they will be less noticeable, you will always have scars to serve as a reminder of your time under the knife. Luckily, clothing hides these scars.

5. Choosing a cosmetic surgeon – You want to feel comfortable allowing a stranger to basically cut you open. So it pays off to do a little research of the cosmetic surgeons in your area. Ask around. If a neighbor or family member has had cosmetic surgery, find out who they went to. Get several opinions and compare what each surgeon tells you. Check their credentials and see if there have been any complaints (or praises) through the various governing medical boards.

Implants as part of your breast augmentation cosmetic surgery is something to not be taken lightly. After all, you have to live with the consequences. Consider the steps listed above and hopefully you will make the best informed decision for your future.

Down Play Your Assets – The Ins and Outs of Breast Reduction

When it comes to breast reduction, there are many compelling reasons why women would choose to have this cosmetic surgery. Every woman has their own perception of what the perfect size breast is and if their reality does not gel with those perceptions, then they have a problem. The predominant factor is that their breasts are simply too big. And when breasts are too large, especially for a woman's body frame and stature, physical complications occur.

When a woman's breasts are too large, physical activities such as exercising or even playing with their child can cause great pain. Pain in the shoulders, neck and back are grounds of primary concern. Living with constant pain due to large breasts is an issue with the quality of life they lead, not only physically but also emotionally and spiritually. In teenagers, large breasts can unintentionally invite teasing and unwanted amorous advances from their peers, causing great emotional stress and also undermining their self-confidence and self-esteem. For all women with these issues, they might have deep grooves in their skin where their bras are cutting into them or have problems buying clothing that fits properly.

Quality of life becomes the focal point when women seek the help of a cosmetic surgeon for a breast reduction procedure. It doesn't matter how they got there; what matters is that they are seeking help and making every effort to improve their life. The basics of breast reduction, or reduction mammoplasty as the cosmetic surgeons call it, involves the removal of excess skin and fat as well as body tissue in order to create and shape a smaller, more pleasing breast. In addition, the area around the nipple is sometimes reshaped to accommodate the surgically reduced breast.

It is important to note that breast reduction is not without its drawbacks. Scars from the surgery are a result but can be hidden by clothing. And for the most part, your bras and swimsuits will also cover those scars. Loss of sensation in the nipple area is one factor as well as the chance of both breasts not being quite the same size after the reduction. In addition, the surgery itself is not without its complications. Irregular bleeding, adverse effects to anesthesia and infection are a few of the possible outcomes. For some women, breastfeeding their future children may not be possible. This is because when the cosmetic surgeon removes tissue, often times, the milk ducts have to be removed as well.

It is up to the woman to talk openly about her wants and expectations from the surgery. The cosmetic surgeon should be equally forthcoming about the risks and possible outcomes. The preparation, procedures, reaction to anesthesia, and recovery can differ greatly from person to person. Costs can also play a factor in the surgery. However, when it is a matter of a woman's health rather than a purely cosmetic elective surgery, insurance companies sometimes do pay for the procedure.

Women who undergo the breast reduction cosmetic surgery should be aware that it could take up to a year for the breast to truly settle into the new shape and place they are meant to be in. Because women have to deal with more hormonal changes than men, their bodies tend to take a little longer to recuperate. For example, when it comes to having a period or experiencing pregnancy, one of the body parts that experiences change are the breasts. So, if a woman has just undergone surgery, guess what happens? Those hormonal changes will lengthen the recovery time.

The great thing about having breast reduction cosmetic surgery is that results are noticeable almost immediately. Once some of the swelling goes down and a "real" bra can be worn rather than a surgical dressing, women will notice that they have to go buy new tops to accommodate their new figure. The pain of carrying two large weights around is gone and the first thing strangers notice will not be the breasts. For many women, it is a liberating feeling, well worth the recovery time and permanent scars that result from the breast reduction surgery. It is also an adjustment period, not only for the woman, but also for the family and friends. It takes time to become accustomed to such a radical change. However, most women are pleased with their results – and their new wardrobe they buy to reflect their "new" body.

Overview of Breast Reconstruction after Cancer

Thanks to the strides in technology and medicine, more and more brave women are surviving and thriving after breast cancer. For many of these women, a mastectomy is their only option for a successful treatment. Once the immediate cancer danger is over, many of these women are dealing with the emotional issues of self-worth due to the loss of one or both breasts. Having breast reconstruction cosmetic surgery performed is a choice many make to help them feel more like a woman again.

How the breast reconstruction surgery is performed depends on several factors. First of all, mastectomy procedures always have some differences because each woman's breasts are different. So, how the mastectomy was performed is a factor as well as the state of the patient's skin. Include the wants and expectations of the patient and you have the basis of a breast reconstruction that may differ greatly from one woman to the next.

For those women with sufficient excess skin after a mastectomy, implants are a good possibility for them. The women would first undergo a procedure that would help expand the skin in the chest area, so that an implant could be accommodated. This tissue expansion is done by inserting a device under the skin that looks similar to a balloon. It is filled with a saline solution over a predetermined period of time. This helps stretch the skin in preparation for implants during a breast reconstruction.

When the amount of skin in the chest area is insufficient for implants, donor skin and tissue from other parts of her body is used. The most popular area is the stomach or abdominal area. The procedure to extract the skin and excess tissue from the abdominal area is similar to that of a tummy tuck. While this procedure involves more recovery time, some women enjoy the side benefits of a firmer tummy when they get new breasts out of the deal!

Another fatty, fleshy area that sometimes serves as a donor site is the back. Cosmetic surgeons extract tissue through the armpit area to the breast site. Some muscle is also used to reconstruct the breast or provide a cushioned area to insert a small implant. Sometimes, your buttocks area provides the donor tissue for breast reconstruction cosmetic surgery. Each woman's body and situation is different, so consultations with the surgeon are essential in choosing the best course of action.

When using a donor site, there are some repercussions. Some women report muscle weakness in their back and arms, if the donor tissue site is taken from the back. In addition, the scars are more visible. Luckily, this is not the case for those women whose abdomen is the donor tissue site. For these women, there are faint chances of a hernia or cases of "Buddha" belly. Overall, most women recover quite nicely after breast reconstruction cosmetic surgery. They will always have scars, but the rewards far outweigh the leftover physical aspects of the procedure.

During a woman's recovery, it is important to note that those who are able to have breast reconstruction right away after a mastectomy will have a longer recuperative time. If the reconstruction surgery is put off a while after the mastectomy, there is an easier recovery period. Returning to normal activities could take weeks even several months, depending on which procedure was taken during the breast reconstruction surgery.

Women undergoing these cosmetic procedures need to have reasonable viewpoints regarding the expected outcome. Physically, breast reconstruction cosmetic surgery will help women achieve a lasting breast outline and bring a proportional look to the chest area. This renewed sense of femininity boosts their self-confidence and eliminates the need for those bras with the prosthetic inserts that have the potential to pop out of a shirt. However, it is important to also note that the scars will always be there to serve as a reminder of everything they have gone through. Their new breasts will not feel the same or they may have lost sensation permanently in certain places like the nipple area.

Numerous consultations with their cosmetic surgeons should help define their expectations of the breast reconstruction cosmetic surgery. Counseling from a psychologist might also be beneficial to help the women sort through their feelings about losing a breast and getting a new one through surgery. For the most part, women view their scars with pride and see them as badges of honor they have earned in their winning battle with cancer.

Men Have Breast Surgery Too

Many men have a problem that is just not talked about in public. No, this problem is not linked with Viagra or any of those enlargement products. This problem is something that men would like to get off their chests – literally! So, what is it that these men want to get rid of? The answer is breasts. Quite a few men, it seems, have a little bit of excess baggage on the top that they would love to get rid of.

You might wonder how men manage to develop breasts. There are a host of factors that could contribute to this condition, which is called gynecomastia. One factor is obesity. When men gain weight, they tend to hold fat and excess tissue in their gut and chest area. Sumo

wrestlers, while an extreme example, gives you an idea. Sometimes, an extreme weight loss can make the male breasts more pronounced.

Drug use is another factor contributing to male breasts. Steroids are a major culprit as is marijuana and those herbal over the counter remedies for penis enhancement. Some prescription medications that have estrogen also play into the gynecomastia condition. In addition, plain old hormone imbalances are also players in this male breast game. That means some teenagers who still have some growing to do, might develop breasts, thanks to those fluctuating hormones. However, for the most part, it is just a temporary condition that they will eventually outgrow.

There are also a multitude of genetic conditions that play a part in having male breasts. Whatever the reason, many men with this condition feel self-conscious and are likely to withdraw from some public events or you might never see them without a shirt on, due to their embarrassment. What might be considered even worse is if one breast is enlarged on one side while the other is perfectly normal. All of the above factors play a part in men seeking cosmetic breast surgery.

For men, cosmetic breast surgery is not just the removal of the excess tissue, but also contouring of the chest. This surgical procedure basically removes fat (much like a liposuction technique) as well as excess tissue. Depending on the circumstance, excess skin may be removed and stretched to give the man's chest a more solid, sculpted appearance. Not everyone, however, is a good candidate for this surgery. Overly obese men cannot have the surgery. The same applies for men on certain types of drugs that actually cause gynecomastia. Healthy men who are psychologically secure are top contenders for this breast cosmetic procedure. They should have supple, yet firm skin which helps with the shaping of the chest.

When men seek consultations with their cosmetic surgeons, it is important that they are upfront about their diet and health, as well as the medications and drugs (both legal and illegal) they are taking. Complications with surgery can occur if they are not honest about their health. If there are any conditions causing the growth of male breasts, surgery may not be possible until steps are taken to correct the problem. That means those men who have breasts due to genetic abnormalities may never be candidates for the surgery.

The size of the male breasts determines the steps taken with this cosmetic surgery. For instance, if the breasts are not large, then small incisions can be made and liposuction can be performed. If larger cuts are necessary to remove excess skin and tissue, incisions may be done around the nipple area or the natural outlines of the chest. There will be scars visible afterwards, but they do fade in time. Occasionally there is loss of sensation in the nipple area and sometimes it can take months to lose that numbness. Constrictive bandaging is necessary following the surgery to reduce inflammation and promote healing.

It can take several weeks before men can really resume their daily activities and a month or two before any type of strenuous activity can be reintroduced into their daily schedule. However, most men stoically put up with all of the pain and discomfort for the chance at a normal life. Cosmetic breast surgery liberates these men. They don't have to hide from the public or behind excessive clothing anymore.

Why Male Pectoral Implants Helps Some People

Women are not the only ones who are interested in enhancing their chests. Many men are looking to plastic surgery to give them the chests that biology did not give them. Embarrassment at their appearance can be a thing of the past for men who choose to undergo this type of surgery. Let's take a closer look at how male pectoral implants can work to help some people.

Muscle tone and definition of the chest are easier for some men to achieve than others. Exercise alone can help but often not to the extent that most men want. The aim of male pectoral implants is to solve this problem so the patient can have a toned, well-sculpted and very masculine looking chest. Pectoral implant surgery helps to increase both the chest size and shape and it does this by the insertion of implants placed under the muscle. These pectoral implants are constructed from solid silicone (much like breast implants for women).

Also during this procedure fat and/or glandular tissue is removed and in some rare cases, a certain amount of skin tissue as well. The end result is that a man's chest will be a great deal flatter, firmer and will improve both his physical appearance as well as his self-image. Some men who have suffered either an injury to their chest or a growth defect have muscles that are underdeveloped. In this case, pectoral implants can help by allowing for a more natural looking, symmetrical and manlier looking torso area for them to be proud of.

During the initial consultation, besides the standard questions that apply to all surgeries, such as medical history, how the procedure is done, risks, etc., it is important for the surgeon to discuss with the patient the various shapes and sizes of pectoral implants. Patients who have suffered an injury due to an accident or a birth defect might choose to have a special implant custom made. As a general guideline, after a mold of the chest is taken it will probably take anywhere from 6 to 8 weeks for the lab to be finished constructing it. Many patients opt for pre-shaped pectoral implants while in other cases a decision is made to go with a standard implant but have the surgeon carve it into the shape and size implant that is most desired.

The plastic surgeon is there to help his patient decide on the best pectoral implant based on the shape and size of the individual's muscles. It is essential at this time for the patient to reveal to the doctor if he smokes, takes any kind of drugs (prescription, over the counter, including aspirin, or otherwise), has ever had any type of implant surgery in the past and whether or not he has a tendency towards the formations of keloids (overgrown scars that don't know when to quit).

Male pectoral implant surgery is usually done on an outpatient basis in a hospital and is normally performed under general anesthesia. This kind of surgery usually takes in the area of an hour or two to complete but if endoscopic techniques are conducted it could take a little bit longer.

At the onset of surgery a small incision is made in the armpit of the patient and the implant is then inserted endoscopically. Some surgeons prefer to approach pectoral implant surgery using non-endoscopic methods while many choose to go the endoscopic route. When endoscopic surgery is chosen, a thin tube with a tiny camera at the end of it is inserted into the patient's body, enabling the doctor to see what path he/she is taking through the body and allowing a

greater degree of precision. The endoscopic method has two important benefits, first it reduces the size of the incision that is made in the patient's skin and secondly it cuts down on the amount of bleeding. The surgeon then sets to work placing the implants directly under the pectoral muscle. The surgeon then closes up the incisions by suturing (or stitching) them. What will keep the pectoral implants in place are either the sutures that are temporarily showing through the skin or the strength of the overlying chest muscle.

Mild to moderate pain can be expected after male pectoral implant surgery and a complete recovery from the surgery can take up to a period of six weeks. The majority of men who undergo this surgery find that they can go back to doing their regular activities within a period of a month or thereabouts.

Butt Ugly- What the Heck is a Buttocks Implant Anyway?

Ever yearn for a shapelier buttock? Well it can be yours with the help of buttock implants. Also known as gluteal implants or buttock augmentation this surgical procedure involves the insertion of artificial implants in order to improve the size and shape of the buttocks. This surgery is most often sought after by women who feel that their derriere is too flat and not round or sensuous enough for their taste. It is believed that the rise in this type of surgery in recent years has to do with the popularity of actress/singer Jennifer's Lopez's shapely figure. Singer Beyonce Knowles is another celebrity whose behind many women wish to replicate in themselves. Not only that but buttocks implants can plump up an underdeveloped backside and give a woman a much more proportional looking figure.

At your initial consultation with the plastic surgeon a number of things will be discussed. First of all as the patient you must discuss why you want to change the appearance of your buttocks and what you hope to achieve by having buttocks implants. It would be helpful if you bring pictures with you of buttock sizes you personally like the look of for your own. The plastic surgeon will be able to inform you of what size buttocks implants will be needed to reshape your backside. He/she will also discuss options for the surgery with you at that time.

Some of the items that are necessary for you to know include the type of incision that will be made, the kind of implant that will be used, as well as the exact positioning of the implant. At this time you should make your doctor aware of any pre-existing health conditions you have as well as any medication you are taking. Find about the type of anesthesia that will be used during the procedure, what the procedure involves, how long it will take to perform, whether or not you will suffer discomfort afterwards and how long the recovery period will be. Any and all questions you have should be addressed at this time.

This type of surgery generally takes place over a period of two to three hours and depends on a variety of factors including the technique that the surgeon decides upon, the patient's anatomy, the positioning of the buttocks implants and the type of anesthesia that is used for the procedure. Most of the time for this kind of surgery a general anesthesia is used (patient is asleep), however some surgeons prefer to use a local anesthetic accompanied by a sedative to allow the patient to be both relaxed and drowsy.

The incision for buttock augmentation can be made either down the crease of the buttocks or where the cheek of the butt meets the back of the thigh. The majority of the time the incision is made in the crease because the scars from the surgery will not be evident. However the drawback to this type of incision is that infections are more likely to occur here than if it is made in the back of the thigh.

The surgeon needs to create a “pocket” that is big enough to allow for the insertion of the buttocks implants. The implants can be placed in one of two places, either on top of the gluteus maximus muscle or under it. In some cases liposuction is also performed at the same time to remove excess fat, thus making for even better looking buttocks.

After finishing one side the surgeon then does the same to the other, making sure that both sides of the buttocks are natural looking as well as symmetrical. Finally to conclude the operation he/she stitches up the incisions.

Unfortunately this form of surgery carries with it the risk of a lot of pain afterwards as buttock augmentation stretches and pulls the tissues. The stretching is the worst if the implants were placed under the gluteus maximus muscle. The first 48 hours can be the most difficult for pain but it lessens after that time period. Taking a pain medication could help to relieve the discomfort somewhat. Many plastic surgeons will prescribe both an antibiotic as well as an anti-inflammatory medication to their patients after surgery.

Upon waking after the procedure, the patient will feel sore, stiff and most likely, very tired. These symptoms are all normal. A compression garment is put on patients after surgery for support and it should remain in place for the first few days following the surgery. Taking your medication as prescribed is very important in regards to healing. The patient will not be able to drive herself home and very likely will need someone to help her around the house for a couple of days afterwards. Most people find it necessary, and more comfortable to stay in bed for the first 24 hours after surgery.

Stomaching Surgery- The Basics of the Tummy Tuck

The tummy tuck (which is technically known as abdominoplasty) is not as many individuals believe a method of weight loss but instead is geared towards removing fat, tightening stomach muscles and strengthening the walls of the abdomen. Abdominal skin that has lost elasticity and no longer responds to the efforts of diet or exercise could benefit tremendously from a tummy tuck. Dieting and exercising of course are very important to lose weight and tone muscles but they cannot tighten loose flabby skin or improve the part of the abdomen known as the inner girdle. A tummy tuck will tighten your inner girdle and therefore give you a flatter, smoother looking stomach.

A tummy tuck can get rid of almost all of the fat in your lower abdominal area and stretch marks will become a thing of the past. Plastic surgeons believe that the effects of pregnancy cannot distort a woman’s abdominal area so badly that it cannot be repaired by a tummy tuck. Besides women who’ve given birth, tummy tucks are favored by men and women alike who have lost a great deal of weight and are left with an excess of loose skin around their mid

section.

Speaking of the inner girdle, we all have one, both men and women alike. The inner girdle can be found extending from your ribcage, down the length of your abdomen to your pubic bone and also from one side of the abdomen to the other. The inner girdle is situated between the abdominal fat of your body and your rectus muscles. The inner girdle is tough and sturdy and its primary job is to support the abdomen's contents in order that they do not protrude outward. The gristle that is obvious on a piece of steak is the exact same substance that your inner girdle is made up of. Plastic surgeons have devised their own special name for this layer of skin- they call it "fascia."

When a woman becomes pregnant her inner girdle stretches to accommodate the fact that the uterus is becoming bigger. After the baby has been born, with exercise and diet her muscles will regain some of the tone they once had, however her inner girdle will not fare as well. After pregnancy the inner girdle often does not go back into the proper shape it was in beforehand as it is not as resilient or as elastic as the abdominal muscles.

For this reason after a woman has finished having her children she may decide to have a tummy tuck because the operation will allow for the tightening of the inner girdle in order to give it a flatter, smoother, and more attractive appearance. It is important to note that what a tummy tuck is all about is tightening the inner girdle and not tightening the muscles per se. The abdominal muscles in fact are below the inner girdle and are never exposed at any time during the surgical procedure.

Tummy tucks can and indeed do wonders however they are not miracle cures by any means, and do have their limits. The stretch marks on your lower abdomen, as previously mentioned, will disappear with a tummy tuck procedure but the same cannot be said for your mid or upper abdomen, although the tummy tuck will move stretch marks in these areas down lower on your abdominal area. If your upper abdomen consists of a thick layer of fat then unfortunately abdominoplasty will not get rid of the thickness. Liposuction may be out of the question as well due to circulation and healing problems as well as other complications.

Tummy tucks can be broken down into three different types. There is the mini tummy tuck, the full tummy tuck and the 'fleur de lise' tummy tuck. The mini tuck is the best choice for those individuals who have only a little bit of loose or flabby skin in their abdominal area. In this case a low short transverse scar is made in the line where underwear sits and from here the plastic surgeon can take out excess fat and skin and tighten up the muscles.

The most popular kind of tummy tuck which is also the one that has the most dramatic after effects is the full tummy tuck. When performing a full tummy tuck the plastic surgeon uses a similar scar as in the case of the mini tummy tuck but the surgery involves a larger area. The skin is elevated all the way up to the bottom of the ribcage and skin from the belly button to the pubic area is taken out creating a flatter appearance. The patient's original belly button is gone with this procedure and a new one must be created by the surgeon. The last tummy tuck, known as 'fleur de lise' is the best bet for patients who already have vertical scars from past stomach stapling surgeries. With this operation the surgeon uses the pre-existing scar to fold in the skin including the sides of it.

Ten Reasons to Have an Abdominoplasty

There are a number of reasons to decide to have an abdominoplasty (or tummy tuck). Tummy tucks are routinely performed on both sexes. The stretching of muscles and the presence of stretch marks prompts a lot of women to make an appointment with a plastic surgeon whereas it is common for men to want to do away with the "middle age bulge" many get stuck with. There are ten main reasons to have an abdominoplasty. Let's take a look at each of them.

1. Dieting and exercise can tone muscles but unfortunately not attack unattractive loose skin to be found on the abdomen. But an abdominoplasty can accomplish this. A tummy tuck tightens the inner girdle (the area that extends from the ribcage to the pubic bone) and allows for the reshaping of the abdominal walls. This is one reason to undergo this type of surgical procedure. An abdominoplasty changes the appearance of loose, flabby skin that has lost its shape and elasticity and transforms it into a flatter, smoother surface that anyone would be proud to show off.

2. Post partum women frequently seek out this type of operation as they are bothered by the stretch marks that mar their skin. Stretch marks occur during pregnancy because of muscle and skin stretching and no one enjoys the sight of them. They are also all too common in those who have lost a great deal of weight. Stretch marks can almost be entirely obliterated by way of a tummy tuck. Scars brought about by a Caesarian section wreak havoc with the lower abdominal area as well and many women after having children don't feel that their bodies look presentable enough. An abdominoplasty tightens the area considerably and improves the overall appearance.

3. The third reason concerns old scars from previous surgeries. If a patient has had stomach stapling operations in the past or any other surgeries that might have left scars on his/her abdomen such as an appendectomy or a hernia operation, etc. a tummy tuck can do away with the scars and revive the skin into looking smooth and as unblemished as possible.

4. The fourth reason for having an abdominoplasty is the inability, or sense of self-consciousness, in wearing scanty underwear and/or swimwear (especially skimpy bikinis) because of loose, flabby skin. One scar from the abdominoplasty will be visible across the lowest part of the abdomen area (in other words, just slightly above what is referred to as the bikini line) while another will be somewhere in the area of the belly button. Some scars on the abdomen heal extremely well and are not very obvious while other scars are. This tends to vary from person to person. Most people would agree that a scar or two are preferable to a protruding mid section.

5. The fifth reason is a simple one- we live in a society that praises flat, smooth stomachs as the ideal way to look therefore most people yearn to fit in with what society and the media dictates. As well a flatter abdomen gives the appearance of a more proportionate and balanced figure, especially when one looks at one's body in a full-length mirror standing sideways. Who doesn't want to look good after all?

6. The sixth reason ties in with the fifth reason somewhat. For a great deal of people having a flat, smooth stomach was what they enjoyed in their youth as muscle tone was very good when they were young and they tended to be very active in their day to day lives. Having this surgery

gives the patient a more youthful appearance and that is something worth smiling about.

7. The seventh reason is that having an abdominoplasty gives a patient a more positive self-image. There is an increase in the overall level of both self esteem and self confidence thus allowing the person the feeling that they have not been defeated and that if having a flatter abdomen is possible for them then other things can be as well. It's a good feeling to know you both look, and feel great.

8. The eighth reason is merely a cosmetic one. After this surgery the patient can get rid of all of their shapeless and large sized tops, pants, sweaters, dresses, etc. and can instead begin to wear more fitted clothing that complements the figure as opposed to hiding it.

9. The ninth reason is all about sex. A flat, smooth abdomen looks sexier both when it is draped in a sexy garment such as a lacy negligee and when it is uncovered. And a bare midriff as it comes out of the pool glistening wet is off the charts sexy! Everyone yearns to look sexy and an abdominoplasty can help one achieve that end.

10. The tenth reason is that cosmetic surgery of this type often makes a person look at how they take care of themselves physically, psychologically and otherwise. It is sometimes a mirror into the different aspects of a patient's life and is an opportunity for reflection, which is always a good thing.

Tummy Tuck Troubles- Several Reasons NOT to Have One

A tummy tuck can greatly improve upon the appearance of the abdomen for both men and women however there are several reasons not to have one. There can be side effects from having tummy tuck surgery that are just temporary and not likely to lead to further problems. Some patients find themselves sick to their stomach after the surgery as a direct result of the general anesthetic that is used. It all depends on the person. Swelling is to be expected and for some patients it could take up to a month or more for the abdomen to return to its normal size.

There are certain complications resulting from a tummy tuck that although are not extremely common, might be reason enough to decide to avoid the surgery. Talk to your family doctor and/or plastic surgeon to see if it is possible that he/she can predict whether or not you are a likely candidate for serious complications. Numbness in the abdominal area is likely after surgery and it can take anywhere from 6 to 12 months to dissipate, however for a select group of people the numbness can become permanent. Poor healing of the abdominal area can lead to very obvious, unsightly scars, which would require the patient to need to go under the knife again.

If you are a smoker, are overweight and very out of shape, have poor health habits and/or have diabetes that is not under control your chances for complications go up considerably which renders you a poor candidate for this surgical procedure. This surgery is best for women to have after they have finished having children, not at the onset of their childbearing years nor in between children. The efforts of surgery will be in vain if having another child is in the works.

Individuals who need to lose a great deal of weight will be well advised to avoid having an abdominoplasty, at least until at which time the excess weight is gone from their abdominal area. This operation provides the most successful results for healthy people who have achieved a normal weight. A further reason not to have a tummy tuck is if you have visible scars from past abdominal surgeries (for example, stomach stapling, appendectomy, hernia operation, etc.). An abdominoplasty produces scars of its own which could only add to the unsightliness of previous scarring.

Many women are not aware of the fact that tissue from their abdomen can be used for future breast reconstruction in the event that they are diagnosed with breast cancer. But having a tummy tuck makes it impossible for the tissue to be used for this purpose. No one can predict who will get cancer and the hope is that it will never happen but it is a worthwhile piece of information to bear in mind. If a mastectomy is necessary down the line you might be glad that you did not have an abdominoplasty although there are certainly other options for the reconstruction of breast tissue.

Those with an excessively thick layer of fat in their upper abdominal area would be ill advised to consider a tummy tuck as the surgery will not achieve for the patient the desired result. Liposuction is not likely to work either as it can lead to serious complications such as circulation and healing problems. Most plastic surgeons won't even consider working on someone in this condition although some will suggest an alternate procedure known as a panniculectomy. A panniculectomy consists of fat and skin removal but the inner girdle is left untouched.

Speaking of circulation, those who have poor circulation of blood throughout their bodies should not have a tummy tuck as skin death could take place. Skin death (or necrosis) relates to problems with healing which is caused by bad circulation in the abdominal area. During an abdominoplasty the plastic surgeon must separate the fat and skin layer from the inner girdle. A certain degree of circulation is lost during the separation but for most people there is enough circulation for healing to take place. However for some people (especially smokers and obese people) the flow of circulation is not nearly enough. Skin death shows itself in the form of the skin directly above the scar turning a black color and then "dying off." This is a reason to opt out of tummy tuck surgery.

People who are prone to blood clots should not have an abdominoplasty. Blood clots brought on by surgery are the exception as opposed to the rule but for those with the tendency the risks are high. Both fat and blood clots can easily form in the blood vessels. If this happens it can lead to death because they can break off and make their way to the lungs, which is known as a pulmonary embolism.

Weighing In – Is Gastric Bypass Right for You?

Bariatric surgery is a gastric surgery for weight reduction in severely obese people. Although this is usually a very effective procedure, it is best for the patient to make sure this procedure right for him or her.

Usually a person who qualifies for a gastric bypass surgery will be 100 pounds over his or her ideal weight, or has a BMI of 40 or over. A person with a BMI of 35 or over may qualify if that person has heart problems, sleep apnea, or diabetes. In addition, previous weight loss programs and exercising routines have to have proven to be unsuccessful. The patient also needs to be prepared for the after affects of surgery.

Before deciding whether or not you are an eligible candidate for bariatric surgery, your doctor will conduct a series of evaluations upon you. These evaluations could include blood test, EKG, chest x-ray, pulmonary function test, upper gastrointestinal x-ray, gall bladder, ultrasound, and/or a psychiatric evaluation.

If you have pre-existing conditions such as alcoholism, hepatic cirrhosis and impaired liver functions, serious psychiatric disability or correctable hormonal causes of obesity, you are usually disqualified from having this surgery. When these conditions are corrected, you may have a better chance of a doctor to be willing to operate on you.

There are three types of Bariatric (gastric bypass) surgeries. One of those is the Roux-en-Y Procedure in which the surgeon staples across the top portion of the stomach, creating a small stomach pouch. This new stomach pouch is then connected to the small intestine. This will help reduce the amount of food eaten, and reduce the absorption of calories eaten. If the person has gallstones, the surgeon can remove the gall bladder to prevent further formation of these stones.

The second type of Gastric Bypass surgery is the Laparoscopic surgery. In this type of surgery, the surgeon makes tiny incisions through the abdomen in which the patient is operated on with the use of a laparoscope, which is a fiber optic tube which has a small camera on it. This small camera allows the insides of the person under the abdomen to be seen clearly during the procedure.

Then, as in the first procedure, the doctor will sew the stomach shut to create a pouch. The third type of procedure used during gastric bypass surgery involves the use of a silicone band to create a small pouch using the top portion of the stomach. This helps reduce appetite while not interrupting the normal digestion process.

The above information will tell you if gastric bypass surgery is right for you. The following is some additional information you may need to know regarding your surgery, if you and your doctor agree to have this surgery performed on you.

Before admission to the hospital, your surgeon will send you to the lab for pre-operative tests. In addition, you may be asked to stop smoking or drinking alcohol up to one month before the date of the surgery. Along with that, you could be told not to take aspirin or arthritis medications because they can slow blood clotting. Also recommended is for you to discuss blood donations options in case you need a blood transfusion. You may even have to donate your own blood two weeks in advance.

The result you get from your gastric bypass surgery depends on the type of surgical procedure you have done, and how committed you are to making the right lifestyle changes. For instance, if you just had a gastric bypass surgery, your chances of losing weight will depend upon

whether or not you follow through with an exercise program and a diet plan. Age, sex, and initial weight before surgery can also have an effect on a person's ability to lose weight after surgery.

Many patients lose from 50-90% of their excess body weight within 12-18 months after surgery. Even if they do not reach their ideal weight, they are less likely to continue suffering from heart trouble, diabetes, sleep apnea, arthritis, and back pain. The patient's overall quality of life is dramatically changed.

If you are wondering if gastric bypass surgery is right for you, consult your physician and have him conduct the appropriate evaluation of your situation. He is sure to help you make the right decision.

Once you find out you are an ideal candidate for the gastric surgery, you are on your way to a higher quality of life. Not only that, but you will be healthier, too.

Gastric Bypass – What are the Risk Factors?

Gastric bypass surgery has many benefits to the obese person who wants to live a healthier life. Some of these benefits include weight loss and possible elimination of heart trouble, diabetes, and arthritis or back problems. In addition, there is a very good chance that the person will be able to engage in activities, such as team sports, like never before.

Not only that, but chances are that the patient may only experience minor problems after surgery such as nausea, vomiting, bloating, gas, diarrhea, or constipation. They may also lose their ability to drink alcohol. These may be results a person could easily live with considering the better quality of life they could have.

However, they deserve fair warning that there are more serious risks involved in this operation. The risks of the gastric bypass operation are further complicated in an obese person than an abdominal surgery in a patient who is not overweight. These are complications due to preexisting conditions that the patient has not told the doctor about, or they can be complications that could develop unexpectedly. This is often the case, because of the fact that the person has been overweight to begin with, so complications could happen at any time.

Some of the risks of a gastric bypass surgery include upper respiratory problems and possible pneumonia, and other risks consist of infection, bleeding, and inflammation of the intestines. In addition to that, there can be abdominal blockage or leakage around surgical connection site, or around stomach outlets. Either that, or a patient could contract a stomach ulcer, or the staple line in the stomach could break down.

Some of the earlier described stomach sewing complications can be prevented if the patient receiving the surgery knows that the surgeon is experienced enough to be performing the surgery. However, sometimes even under the most ideal conditions, existing stomach problems, including the loosening of the seams of the staple line of the stomach can become a problem.

Nutritional deficiencies after gastric bypass surgery include anemia, osteoporosis, or metabolic bone disease. These deficiencies, however, can most likely be corrected if one follows the diet that the doctor has ordered for a gastric bypass patient.

Another disease that could be contracted is gall bladder disease, or the patient could experience blood clotting which can result in a heart attack or stroke. However, this risk is very low, especially after the weight is lost. Remember, the more weight the patient loses, the less likely that patient's body is to develop complications such as this.

Aside from other risks, there is a slight chance of death in gastric bypass patients. The risk of death depends upon each individual's health problems and other existing risk factors. The chance of death from this operation is from 1 percent to 2 percent. Death in a patient of this procedure is highly unlikely, but a possibility. In order to prevent death from surgery, it is best for the surgeon and patient to be as thorough as possible when discussing the overall medical condition of that person prior to surgery.

In conclusion, one should note that there are risks involved in gastric bypass surgery, but those risks are different for each person. If the doctor says a person is less at risk, then mostly that person will benefit from the gastric bypass with little to no complications.

Also, a person should be aware that there are three different types of operations involved in gastric bypass surgery. Knowing this will help reassure that there are options available, which would increase the overall success of the operation's success.

One of the gastric bypass operations involves the Roux-en-Y Procedure in which the surgeon staples across the top portion of the stomach, creating a small stomach pouch. This new stomach pouch is then connected to the small intestine. This will help reduce the amount of food eaten, and reduce the absorption of calories eaten. If the person has gallstones, the surgeon can remove the gall bladder to prevent further formation of these stones.

The second type of Gastric Bypass surgery is the Laparoscopic surgery. In this type of surgery, the surgeon makes tiny incisions through the abdomen in which the patient is operated on with the use of a laparoscope, which is a fiber optic tube which has a small camera on it. This small camera allows the insides of the person under the abdomen to be seen clearly during the procedure. Then, as in the first procedure, the doctor sews the stomach shut to create a pouch.

The third type of procedure used during gastric bypass surgery involves the use of a silicone band to create a small pouch using the top portion of the stomach. This helps reduce appetite while not interrupting the normal digestion process.

A person can have one of these three operations done, usually with little to no risk if properly prepared for surgery, and properly treated during and after surgery. However, a patient needs to always be aware of any and all risks associated with the gastric bypass surgery.

You Can Raise Your Hands in the Air Again with an Arm Lift

You dread summer and the hot days it brings with it. You don't mind the temperatures, but you know that the heat will no longer permit you to hide your flabby arms under the guises of long sleeved sweaters and blouses. You dread the invitations to pool parties, and an outing to the park leaves you panting with anxiety. You know you look somewhat odd at the pool in eighty-degree heat wearing that jacket, and everyone wonders about your long sleeved sweatshirt when playing tennis in the blazing July sun. Is there hope for you?

As a matter of fact, there is! Its name is brachioplasty, which is simply a fancy word for the process more colloquially known as an "arm lift." Loose skin is quite often the result of rapid weight loss. When you still carried around all that extra weight, your arms sought to compensate for the fatty deposits by stretching the skin. When you lost the weight, the skin did not tighten back up, and so you now have saggy, baggy skin that does not look very nice. Some patients may have the mistaken idea that liposuction will take care of this problem, but this is unfortunately not the case since the liposuction will remove the fat but not the loose skin.

Take note that brachioplasty is not for the faint of heart since a long incision, usually from the armpit all the way down to the elbow, needs to be made, and quite often the result of this incision is some scarring. While scarring may be minimized with properly administered post operative care, it cannot be totally avoided, and you will need to decide which is the lesser of two evils in your case. The procedure itself only takes a couple of hours and recovery is swift and any swelling or bruising can be easily concealed with loose fitting long sleeves. It is important to note that this procedure is only useful for excess loose skin and not for the removal of fatty deposits trapped underneath the skin. If you have issues with fat on your upper arms, you will most likely benefit more from an actual liposuction which, at some point down the road, may be followed up with a brachioplasty if necessary.

It is important to realize that while side effects are rare, they do occur, and quite possibly the most dangerous one is any damage to nerves that run along the arm and that may temporarily or perhaps even permanently change the way you are able to feel your fingers, move them, or even influence the sensitivity of your skin in some areas. Skin infections and excessive fluid retention needing draining procedures were also among noted side effects, yet obviously they are not as severe as a loss of feeling or sensitivity.

Of course, much of this may be avoided when dealing with reputable physicians, state of the art facilities, and of course a faithful adherence to any pre-operative as well as post-operative regimen your surgeon prescribes for you. Avoidance of lotions and maybe even underarm deodorant for a while may go along way to prevent annoying rashes and skin irritations at the wound site, and may also help to decrease any possibility of swelling or excessive scarring. Additionally, a properly supervised exercise plan will prevent sutures from breaking open.

As you can see, there is no kind of cosmetic surgery that is entirely risk free and without the possibility of complications; in many instances, however, the risks may be minimized by not being afraid to spend the extra money to purchase the highest quality of surgical know how, experience, and education in the form of the surgeon who will be operating on your body.

In addition to the foregoing, this is a time where background checks, licenses and testimonials need to be researched in detail to ensure that your physician is indeed as highly trained and experienced as he or she claims to be. Do not encounter the heartache of having received a cut rate operation at the expense of receiving cut rate results. Your body and your health are two things you should not skimp or compromise on!

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