

# The Skinny On Body Contouring Following Massive Weight Loss

During our support group meetings each summer, we talk a lot about plastic surgery and feature Dr. Schimpf, one of MUSC's plastic surgeons specializing in body contouring after massive weight loss. Here are a few take home messages from his talk, and from our patient panel who discussed their weight loss surgeries.

## General Information

- Elastin in the skin is unable to remodel (snap back to normal) following massive weight loss, thus the skin “hangs”
- It is important to have realistic ideas about your results - remember that you will be trading loss of excess skin for scars
- Risks of plastic surgery in bariatric patients include all inherent risks that anyone undergoing surgery would have – the major difficulty in post bariatric surgery patients is *healing*

## Common Post-Massive Weight Loss Procedures

- Face Lift
- Belt Lipectomy (lower body lift)
- Brachioplasty (arm lift)
- Thighplasty (thigh lift)
- Breast Augmentation + Mastopexy (breast lift)
- Panniculectomy (lower abdominal area)
- Breast Reduction (female and male)



## Financial Aspects

Insurance will usually cover **Panniculectomy** or **Breast Reduction** if:

- Current insurance covers gastric bypass
- Greater than 100 lbs loss
- Stable at new weight
- 12-24 months post-op from bariatric procedure (depending on insurance)
- Abdomen: documented rashes, hanging tissue, attempted topical treatment
- Breast: documented rashes, shoulder strap grooving, >400-500 gm, neck pain, attempted oral anti-inflammatory medications

Dr. Schimpf discounts the physician fee for bariatric patients for procedures not covered by insurance. The total Fee = Operating Room + Anesthesia + Physician fee

Please contact **Liz Welch** at **Dr. Dennis Schimpf's** office at **MUSC Plastic Surgery** with any further questions: **(843) 792-3967**