



## The Art of Body Contouring

After Massive Weight Loss

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### Description

#### **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>

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