



Body Contour Surgery

Body Contour surgery usually includes liposuction (suction lipoplasty), and more traditional procedures such as abdominoplasty, thigh lifts, and upper arm tightening (brachioplasty) surgery. Suction assisted lipoplasty may be used to complement the traditional body contouring procedures.

Despite the great advances achieved with liposuction, we can't yet do anything significant to restore skin elasticity. And despite what you may have been led to believe, lasers, Coolsculpting® and other non-surgical treatments don't do this, either. When weight gain and loss, age, pregnancy and disease cause skin to be loose, more traditional surgical techniques must still be used to tighten skin and re-contour it to the underlying shape. Just like when you lose weight and clothing must be altered by "taking it in" or removing a dart, the skin, which is the fabric covering the body, must be "altered" by removal of excess. ***You cannot exercise the skin to shrink it.***

The fitness industry, combined with nutrition and weight loss sectors accounted for over \$600 billion in annual sales in recent estimates. And now about 25% of adults are obese, according to Statistics Canada. Surgery for obesity (bariatric surgery) became safer and exploded in popularity in recent years but after bariatric surgery, these patients are often left with loose and hanging skin. Plastic surgeons have expanded and refined techniques to deal with this and a whole field of post-bariatric plastic surgery developed.

Many patients who are not overweight, let alone obese, may be dissatisfied with the contours of their bodies.

I divide body contour patients into those whose weight loss has been through diet and exercise and those who have undergone bariatric surgery, such as "Lap Band" and gastric by-pass, because they respond and heal differently. I generally refer patients with massive weight loss from surgery to a *colleague who specializes in these patients.*

Massive weight loss plastic surgery is a specialty of its own. I operate on patients who have lost moderate weight or have been through pregnancy. In practice this means my open body contour surgery cases are mainly tummy tucks and I occasionally do brachioplasty, body lifts and thigh lifts, even though I did the first lower body lifts in Vancouver in the 1990s.

Buttock and thigh lifts are done through incisions along the bikini or panty lines. These procedures are similar in concept to abdominoplasty, but less commonly done.

So-called Brazilian Butt lift was very popular in recent years, but resulted in a rash of deaths so that it has been banned in many jurisdictions, including BC, by regulatory authorities. The operation involves liposuction around the buttocks and large volume fat grafting the buttocks. Deaths are most commonly explained as fat embolism, where fat gets into the circulation, travelling through veins, the heart, and out into the lungs and even the brain.

Keep in mind this is cosmetic surgery. Safety first.



Meet the Doctor

Benjamin Gelfant, MD FRCSC

Dr Gelfant is a member of the Canadian Society for Aesthetic (Cosmetic) Plastic Surgery (CSAPS), as well as the American Society of Plastic Surgeons (ASPS) and the American Society for Aesthetic Plastic Surgery (ASAPS).

More at drgelfant.com



Interested in other procedures?

Find out more information on breast, body, face and non-surgical services

VISIT SITE