

Support Group Minutes 5/9/19

Guest:

Dr. Michael Janitch

Prevea Plastic and Reconstructive Surgeon

Dr. Janitch presented to the group about having plastic surgery after weight loss surgery. Topics of discussion included:

- The best time to have surgery after massive weight loss is when you are stable (at a stable weight with no weight gain or loss) for 3-6 months (and within 10-15% of goal weight, otherwise there could be the risk of additional loose skin.)
- Insurance will usually cover one surgery, and typically that is the abdomen.
- Face lifts are never covered by insurance.
- Tummy tucks are performed using a horizontal cut, or for an extended tummy tuck, he would use a horizontal and vertical cut (and this also repairs the muscles.)
- Panniculectomy (the removal of excess skin and tissue from the lower abdomen) is a procedure that requires no muscle work and does not replace the belly button. This procedure is shorter and easier, but he does not recommend these, and performs these rarely.
- The post-op recovery after surgery is about two weeks and you should be prepared for a corset, drains, scar care, lifting restrictions and topical creams.
- Brachioplasty is a procedure for loose upper arm skin and he states the scars are not hidden. After surgery you wear an arm compression garment, and the recovery is typically six weeks. If patients are concerned about the scars, the other option is liposuction.
- Thigh lifts have a high risk for infection.
- There are other options available for patients such as radiowave skin tightening. Through the use of concentrated radio frequency, skin tightening procedures will safely heat the deep dermis skin. As this layer warms, existing stores of collagen will be tightened. The procedure will also encourage the production of additional collagen, which provides healthy structure to the skin
- There are financing options available including Care Credit, a discount if you pay cash, and taking out a home equity line of credit.