The Changing Body After Bariatric Surgery – Plastic Surgery & Other Options

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Overview

Why I specialize in MWL Plastic Surgery
Educate you about “Body Contouring after Massive Weight Loss”
Questions and Answers
I have been doing MWL Plastic Surgery longer than anybody in the world

How can that be?

A Little History
Bariatric Surgery was fathered at the University of Iowa back in the 60s and 70s by a Dr. Mason.

But it was not popular because of lack of refinement till 2000.
The field of body contouring after massive weight loss did not exist then.

A few places had MWL patients and Iowa was one of them.

Because of Mason.
When I started my practice at the University of Iowa there was a backlog of MWLPs

Forced by patient demand

Invented or Developed plastic surgery procedures utilized world wide today
Dr. Aly published the first textbook ever written on the subject "The BIBLE"

It has been sold or illegally copied all over the world
List of countries where I lectured and/or operated

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I am passionate and I care very much
What happens with weight loss after obesity?

The skin acts like a balloon, it expands
When people lose weight
Some patient’s balloon returns to normal size

Some patients’ skin expands past its limits and loses its elasticity
They end up with Loose excessive skin

Most MWLP will not go back to normal after their weight loss
Presentation of the MWLP is extremely variable
If all treated the same way
Results are *inferior*
Factors That Affect **RESULTS**

- Weight or BMI at presentation
- Fat deposition pattern
- Quality of skin-fat envelope
Dear Dr,

I used to weigh 350 pounds and felt extremely bad about it, my health was awful, I could hardly get around... I had gastric bypass surgery 2 years ago and lost 200 pounds... Unfortunately, I still look and feel fat. I have worked so hard to get to where I am but I feel that it might have been all for nothing. Can you help me?

I still look and feel fat.
Four Major Regions

Lower trunk
Upper arms
Thorax
Thighs

Massive weight loss patients have circumferential lower truncal excess in the shape of an inverted cone
The Inverted Cone
Treatment Options

“T” shaped lipectomy
Abdominoplasty
Circumferential lipectomy

T Shaped Panniculectomy
May lead to bizarre contours
T Shaped Panniculectomy

Even when done well has no effect on the sides or back
PostOp: False
Age: 39
No back or buttocks improvements
Tummy Tuck

Ideally treats
Mild excess *belly* fat
Excess *belly* skin
*Belly* laxity
Tummy Tuck only in a massive weight loss patient

Bulge or “Dog Ear”

Tummy Tuck only in a massive weight loss patient

No back or buttocks improvements
Tummy Tuck only in a massive weight loss patient

Bulge or “Dog Ear”

Tummy Tuck only

No back or buttocks improvements
Rehabilitation of the lower trunk in the massive weight loss patient most often requires circumferential treatment

A Tummy Tuck is like a conventional weapon
A **BELT LIPECTOMY** is like a **NUCLEAR WEAPON**
Tension = Improvement

Tension away from closure = Improvement
No back or buttocks skin tightening
Why Circumferential?

**Eliminates**
- Pubic area excess
- Tummy bulges and aprons
- Outer and lower back excess
- Buttocks droopiness

**Lifts the outer and front thighs**

**Increases buttocks definition**

**Creates a waist**
Front & Outer Thighs

BODY LIFT

- Belt lipectomy
- Lower body lift
- Central body lift
- Circumferential abdominoplasty
- Torsoplasty
Body Lifts Are Not All The Same

Approaches to The Trunk

Lower Body Lift
Belt Lipectomy
Lower body lift = Low
Belt lipectomy = high

Lower body lift = Low
Belt lipectomy = high
The cinching leads to “an illusion” of increased projection.
Criteria For Surgery

- Medically healthy
- Psychiatric stability
- Non-smoker
- Reduced intra-abdominal content
- Stable weight for ~3 to 6 months
Heroic efforts to lose weight are counter productive
Belt Lipectomy/Body lift
Belt Lipectomy

3 to 6 hours
Requires two turns in the OR
Recovery- 3 to 6 weeks
Should be approached as a “major life event”

Massive Weight Loss

Generally, results correlate with the patient’s BMI at surgery
Expected Results

High BMI
Expected Results

Intermediate BMI
Expected Results

Near ideal BMI
Upper arm excess in the MWLP
In massive weight loss patients the excess crosses the axilla (armpit), onto the lateral chest wall.

Thus, upper arm reduction or Brachioplasty must account for that.
General Physical Presentations

Upper Arms

The excess crosses the axilla

The excess *is* the posterior axillary fold

Different amounts of retained fat
The Posterior Axillary fold

**Presentation**

If greatly deflated – ideal
If significantly inflated – preliminary liposuction & staged excision
If intermediate – decision has to be made with patient
Brachioplasty in the MWLP SHOULD CROSS THE AXILLA and follow the defect
The Double Ellipse Technique
Brachioplasty Results

Why Doesn’t The Traditional “T” Approach Work
Upper Arm Complications

Seroma
Lymphocele/lymphedema
Inability to close the arm
Bad scarring
Infection/Bleeding
Nerve compression/sensory loss

Upper Body Lifts treats Entire Chest Deformity
Thorax

The Normal Position
The Normal Position

Thoracic Deformities
General Physical Presentations

Thorax-upper truncal subunit

*An analogy* - expansion and then deflation of a lamp shade that is tethered at two points

Horizontal excess – extension of the upper arm excess

Vertical excess
Upper Body Lift Results
Thigh Reductions
Thigh Reduction in the MWLP

Mostly a vertical excision
Occasionally a horizontal component
This approach follows the defect
Insurance does not cover much past the hanging belly
Consider working on finance EARLY should you need it

Be realistic in your expectations
Greater rate of complications
BEWARE
&
BE AWARE

Body contouring after MWL is highly specialized
Be a *WISE CONSUMER* when it comes to plastic surgery after MWL

Summary

Skin acts like a balloon  
Body lifts are required  
Body lifts are not all the same  
Arm reduction to chest wall
Summary

Upper body needs an UBL
The thighs are hard
Realistic expectations
Higher rate of complications

Summary

Insurance doesn’t cover
So PLAN
Be a wise consumer
Plastic Surgery can be a LIFE TRANSFORMATION
I still look and feel **fat**
“Bariatric surgery gave me back my life, the plastic surgery that I had allowed me to enjoy it”