

Recovery

You'll need to be away from work and family duties and avoid strenuous activity for 1-4 weeks after surgery, depending on the length of your incisions and how many areas are addressed. It may take up to 2 months to feel normal and up to a year before your scars fade and the tissues settle into their final shape. Unfortunately if you gain or lose a significant amount of weight (20 pounds or more), your final result will be affected.

Risks

All surgery comes with risks related to being under anesthesia and risks related to the actual surgery itself. I will review all the risks with you at a consultation, but the most common risks with body contouring surgery after weight loss are delayed wound healing and fluid collections under the skin. In order to minimize your risks, you should eat plenty of protein, avoid smoking, and follow all the post op instructions carefully.

Insurance/Financing

Though most plastic surgeons consider body contouring a reconstructive procedure, unfortunately most insurance companies consider it a cosmetic procedure. Symptoms like rashes, difficulty walking, and recurrent infections make it more likely that your surgery will be covered, but it will be up to your insurance company to decide. If the insurance company will not pay for your surgery, we can assist you with financing your procedure.



Dr. Goldberg completed her training in General and Plastic Surgery at The Ohio State University Medical Center where she was chosen as the Intern of the year and honored with a compassion and caring award by the nursing staff. She has privileges to operate at Columbia Medical Center, Good Samaritan Medical Center, Jupiter Medical Center, Palm Beach Gardens Medical Center, St. May's Medical Center, Wellington Regional Medical Center, and the Palms West Surgicenter. Dr. Goldberg's office staff is experienced and committed to unparalleled patient care.

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ADVENTURES IN BODY CONTOURING AFTER MAJOR WEIGHT LOSS!

By: Dr. Dana M. Goldberg

