

# Summa Body Sculpting Center



## Surgical skin tightening after significant weight loss

As we gain weight, our skin stretches to cover the extra pounds. If we gain too much weight, however, the skin can become damaged and lose its natural elasticity. If someone loses significant weight, their skin loses the capacity to “snap back” and conform to their new shape. The resulting folds of sagging skin are not only unsightly; they can also develop rashes, infections and wounds.

Body sculpting tightens sagging skin safely and effectively. These state-of-the-art surgical procedures normally take place over several visits and are based on each patient’s individual goals and physique. These procedures include abdominoplasty (tummy tuck), panniculectomy, belt lipectomy, rhytidectomy (face lift), brachioplasty (arm lift) and thighplasty (thigh lift). All procedures are performed on an outpatient basis and require about a week of recovery.

To ensure patient safety, all Summa body sculpting is performed by a plastic surgeon who is certified by the American Board of Plastic Surgery and a member of the American Society for Aesthetic Plastic Surgery.

### Proper patient evaluation is key to success.

Because each case is different, we start with a patient consultation that includes education on body contouring, discussion of the patient’s goals, available surgical options, likely outcomes, risks and potential complications. The consultation will also entail an evaluation of the patient’s overall health and personal outlook, including expectations, health history and a list of current medications, vitamins and herbal supplements.

Patients will also be asked to disclose their alcohol, tobacco and drug use.

Surgery is generally performed after many months of stable weight.

*NOTE: Some insurance companies will approve portions of body contouring, but each company is different. A patient’s unique characteristics may fulfill a given insurance predetermination.*



[www.summahealth.org](http://www.summahealth.org)

# Summa offers a variety of body contouring procedures.

## Abdominoplasty, panniculectomy and belt lipectomy

The abdominal wall has many layers, all of which are affected by weight gain and loss. Panniculectomy addresses the skin. Abdominoplasty (tummy tuck) addresses the layers beneath the skin, giving the trunk of the body a more ideal contour and further enhancing the patient's outcome. During an abdominoplasty, loose skin is removed and the muscles of the abdominal wall are tightened. During a belt lipectomy, excess skin is removed around the entire circumference of the body. In all procedures, the skin is brought down and secured with dissolvable stitches beneath the skin. Incisions are strategically placed so that nearly all scars can be concealed by a bathing suit.

## Brachioplasty (arm lift)

During brachioplasty, we remove the drooping skin from around the upper arm and forearm, concealing the incision in both remote areas and hidden spaces. After the procedure, patients can even wear short sleeves.

## Thighplasty (hip and thigh lift)

Because fat is typically stored in the hip and thigh, excess skin often remains in these areas when that fat is lost. Contouring of these areas usually involves an incision within the crease of the inguinal area. Some body-contouring techniques involve a small scar on the inner thigh, enabling a reduction in redundant skin circumferentially around the thigh. We also use liposuction to remove residual fatty tissue.

## Neck lift (submentoplasty or myeloplasty)

After significant weight loss, skin can gather and hang from the front of the neck, causing jowls and a "double chin." Neck lift surgery can effectively tighten sagging skin, giving the neck a slimmer, more youthful contour. Incisions are generally placed inconspicuously behind the ears or under the chin. As the skin is removed, the remainder is lifted and secured. Occasionally, we are able to use a "thread lift" procedure to correct the excess skin around the neck and chin.

John Pedersen, M.D., F.A.C.S.  
Director, Summa Body Sculpting Center  
Board Certified in General Surgery and Plastic Surgery

95 Arch Street, Suite 240, Akron, Ohio 44305  
phone: (330) 375-6636 fax: (330) 375-6593



**For more information about Summa's body contouring procedures, contact the Summa Body Sculpting Center at (330) 375-6636.**



[www.summahealth.org](http://www.summahealth.org)