

Procedures

Post Weight Loss Procedures

As the incidence of obesity rises rapidly, so does the number of people who have lost large amounts of weight, whether through diet and exercise or surgical procedures such as gastric bypass surgery or banding. If you are considering a surgical procedure to help you lose weight, we would be delighted to refer you to our colleagues for assessment.

Beyond our thirties, skin loses much of its elasticity and its ability to recoil following weight loss. Regardless of age, very large fluctuations in weight will leave stretched, loose and damaged skin. Many patients now seek to have this treated surgically and various procedures are available and offered by our surgeons. These include surgery to reduce excess skin in the following commonly affected areas:

Upper arms (**Brachioplasty**),

Abdomen (**Abdominoplasty or Belt Lipectomy**),

Thighs (**Thigh lift**),

Breasts (**Mastopexy with or without Reduction or Augmentation**)

Face (**Facelifting, Brow lifting, Blepharoplasty**)

Specific areas of fat excess can be reduced with liposuction although this procedure alone does not reduce excess skin and is not a suitable means of weight loss in itself. Together these procedures are commonly referred to as 'Body Contouring'.

Each of these procedures is described in detail within this website. Some can be combined into a single operation or staged as required. Depending on your aspirations, your surgeon will advise you of the options available and help you make decisions regarding the timing and sequence of any surgical intervention.

In most cases, reaching your desired weight before undergoing body contouring surgery will help ensure the best possible final result, while minimising the risks associated with surgery.

If you wish to find out more information about procedures available to assist you with weight loss prior to seeking body contouring surgery, please visit www.weightlossurgeryscotland.com for further information.

Contact Us

For information and appointments please contact us and we will be happy to help.

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