

**Thomas E. Zewert, M.D., Ph.D.**  
**Plastic Surgeon**  
[www.zewertmd.com](http://www.zewertmd.com)  
**(831) 644-9800**



## **Services » Body**

### **Body Lift**

Body lifts involve several different procedures such as the buttock lift, thigh lift, upper arm lift, tummy tuck, belt lipectomy, and lateral tension abdominoplasty. These procedures are most commonly performed on patients following large amount of weight loss such as after gastric bypass. None of these procedures are a method for weight reduction. Appropriate patients for these procedures have already lost the weight and are left with loose, sagging skin.

If multiple procedures are appropriate, some can be performed together. However, often Dr. Zewert will stage the procedures in multiple surgeries over several months.

Health insurance will often partially cover the portion of the procedure considered to be functional repair (as opposed to cosmetic). Dr. Zewert's staff can help you determine if insurance coverage is possible.

Please contact Dr. Zewert's staff for more information about this procedure at (831) 644-9800.

### **Buttock and Thigh Contouring**

Sagging may occur in the buttock, hip, and thigh area for many reasons. Certainly, sagging and loose skin folds will occur after massive weight loss. The buttock, hips, and thighs can be lifted, thinned, and reshaped to achieve better contour and a more youthful silhouette. Lipoaugmentation or implants can be used to reshape and rejuvenate the buttocks.

Please contact Dr. Zewert's staff for more information about this procedure at (831) 644-9800.

### **Liposuction**

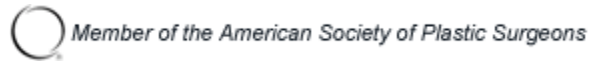
Liposuction sculpts the body by removing unwanted fat from areas such as the face, (chin and cheeks), neck, abdomen, hips, thighs, buttock, knees, and upper arms. Liposuction is very effective at decreasing the appearance of "padding" under the skin. Liposuction is also known as liposculpture, lipoplasty, or suction lipectomy. Liposuction is a popular procedure because of the sculpted results that can be achieved making one look and feel better.

Liposuction is best used on areas of the body that have been resistant to weight loss after diet and exercise. Liposuction is not appropriate for candidates who need to lose a great deal of weight. Liposuction is not a procedure that will treat cellulite. Instead, it is a good procedure to use to remove pockets of localized unwanted fat.

Fat cells are removed or "vacuumed out" by inserting a narrow instrument called a cannula, through tiny incisions. Once removed, these fat cells will not return. A patient may gain weight in the treated area but it will typically return in proportion to weight in other parts of the body.

Ideally, a liposuction patient is healthy, at his or her normal weight, and has good skin elasticity. Age is a factor primarily as it relates to the elasticity of a patient's skin. The better a patient's skin elasticity, the smoother the result. Patients with poor skin elasticity may not be appropriate candidates for liposuction. As with all aesthetic surgery, realistic expectations are a prerequisite to liposuction.

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### **Liposuction (Continued)**

Liposuction can also be an effective procedure to treat excess breast fat in males. This condition is called gynecomastia and is often embarrassing to male patients.

Depending on the amount of fat to be removed, liposuction can be performed in the out patient surgery center (which is a licensed, accredited, and certified surgery center) or as an in-patient procedure at the Community Hospital of the Monterey Peninsula or at Salinas Valley Memorial Hospital.

Please contact Dr. Zewert's staff for more information about this procedure at (831) 644-9800.

### **Tummy Tuck**

A loose or pouching tummy area can occur after pregnancy, after weight loss or be caused by a genetic predisposition. The tummy tuck or abdominoplasty removes excess skin and fat leaving a flatter, firmer tummy. During the procedure, the underlying stomach muscles are tightened or repaired and the skin from the abdomen is redraped. The tummy tuck is often performed in conjunction with liposuction or other abdominal procedures.

The tummy tuck is not a weight reduction tool. Instead, the ideal tummy tuck candidate is in good health with good skin elasticity but has fat deposit or loose skin in his or her middle. The tummy tuck procedure leaves a scar in the bikini line and around the belly button that will lessen or fade over time.

Please contact Dr. Zewert's staff for more information about this procedure at (831) 644-9800.

### **Upper Arm Lift**

Sagging tissue in the upper arm can be lifted and repositioned in an upper arm lift (brachioplasty) to provide a better contour and silhouette. This procedure leaves a scar on the inside of the arm from the elbow to the armpit. If skin quality is good, liposuction can be performed with a minimal scar. Upper arm lifts are popular with patients who have lost large amounts of weight and who are left with sagging folds of skin.

Please contact Dr. Zewert's staff for more information about this procedure at (831) 644-9800.