

New York Body Contouring

Obesity and sedentary lifestyles are becoming the cause for major health problems worldwide and particularly in the United States. People can find many ways to reduce weight, but the fight against weight loss does not end there. After excessive weight loss and weight reducing surgery the skin loses its elasticity and the once stretched skin cannot conform to the reduced body form.

One problem related to weight loss is that after reducing a considerable amount of weight, the excess skin which was accommodating the previous volume tends to sag. It is important to get the skin to firm up and back to shape after losing a lot of weight.

Skin folds that are heavy and loose might be left out around the thighs, breasts, face, buttocks and abdomen after severe weight loss. A wide range of procedures combining liposuction and surgery translates the typical structure of the body. One of the most familiar surgical procedures enhancing the appearance of the body is the lower body lift. An incision will be made around the lower abdomen area surrounding the trunk, thighs and buttocks in order to facilitate lifting. According to the case studies of The American Society for Aesthetic Plastic Surgery, approximately 13,000 surgeries were successfully performed in the year 2007.

Buttocks automatically get flattened owing to excessive weight loss programmes and as such, augmentation in the buttock area becomes inevitable. Tummy tucks are also another popular surgery. Approximately 185,000 tummy tucks and 5000 buttocks augmentations were done in 2007.

Some of the patients are provided with an upper body lift which includes restoring the lost volume of the breast and lifting of the arm to improve the appearance of sagging skin through augmentation procedures.

Since doctors in the New York City have gained considerable experience over a period of years, adequate control has been obtained over the positioning of scars. Hence, the scar which appears due to surgical operations cannot be seen visibly.

Body contouring acute risks include certain complications like abnormal scarring, bleeding, tissue death, and formation of Seroma. Doctors have presently concluded the fact that people with high Body Mass Indexes are easily prone to heavy complications after the completion of the surgery.

The problems that arise from such procedures are bleeding, infection, prolonged swelling, chronic pain, discoloration and loss of skin, unfavorable scarring and even seroma where a lump is formed in the tissue due to fluid accumulation. According to top surgeons, persons with a high body mass index are more prone to complications.

Many doctors in New York City are of the view that people having the Body Mass index below 30 are not considered as obese, and hence they do not require Body Contouring Surgeries. On the other hand surgeries will be performed to those people who have lost considerable amount of weight and still with a BMI up to 35. After liposuction, many lose weight and focus their attention towards dieting and exercise.

About the Author

Do your due diligence if you are considering cosmetic surgery. You can find out all about [New York City Body Contouring](#) by reading this [New York City Body Contouring](#) report, before you decide on surgery.

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