

# **Bariatric surgery**

**Elaine Sassoon,**

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**AB Hons (Harvard), FRCS(Ed & Eng), FRCS(Plast), MSc(LSE)**

**GASPAR ANASTASI Award, Aesthetic Society (USA) 2000**

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**Consultant Plastic, Cosmetic and Reconstructive Surgeon**

**Appointments available at:**

**SPIRE Hospital, Hill House Consulting Rooms, Old Watton Road,**

**Norwich, NR4 7TD**

**Secretary: Sally Gilks Tel: 07985 184476**

**Email: [norfolkmedsec@gmail.com](mailto:norfolkmedsec@gmail.com)**

**Please address all correspondence to Sally Gilks at Spire Hospital.**

**Body contouring following massive weight loss is referred to as bariatric surgery, when someone has been overweight for a long time and the skin has grown to fit around the increase in mass, weight loss can leave a large mass of skin overhangs or sits in folds on a smaller frame.**

This is still a relatively new field of surgery and involves a coordinated approach to removing excess tissue so as to restore a natural and seamless shape. Depending on the amount of excess skin, the technique can vary from person to person.

# **Bariatric surgery consists of:**

Removing excess or flabby under- arm and upper inner thigh

Tummy tuck or excising excess tissue from the whole lower torso

Breast augmentation and /or mastopexy (breast lift)

Neck lift

Buttock lift

Liposuction

Hernia repair

This can be very extensive surgery, and the patient must be fit, be of relatively normal weight, and not be a smoker.