

Surgery Options

...After Dramatic Weight Loss

You've lost the weight – either through diet and exercise or with the help of surgery – but your body still doesn't look quite like you imagined. Is there anything you can do about it?

Thanks to today's state-of-the-art cosmetic surgery procedures, the answer is yes.

Dr. Steven Yarinsky and the staff at Saratoga Springs Plastic Surgery Center offer quite a few options that can help tighten loose, droopy skin and give patients a more contoured appearance.

WRITTEN BY MEGAN HARRINGTON, PHOTOS PROVIDED

When you consider something as serious as surgery, you want to make

sure you're receiving the best care. Fortunately, board certified plastic surgeon Dr. Steven Yarinsky is one of the nation's top cosmetic surgeons. A graduate of Dartmouth College and SUNY Upstate Medical Center, Yarinsky also completed five years of general surgery residency at Ohio State University Hospital and at Marshall University Medical School as well as two years of specialized plastic and cosmetic surgery training at the Medical College of Ohio.

Dr. Yarinsky has over 25 years of practical experience and numerous commendations to his name including being selected as one of the "Top Plastic Surgeons" by Consumers' Research Council of America in 2010, 2011, 2012, 2013 and 2014; by Plastic Surgery Practice Magazine as one of the "Best Plastic and Cosmetic Surgeons" in the United States in 2013 and 2014; and by our sister publication, Saratoga TODAY, for being one of the "Best of the Saratoga Region" as well as a "Best Plastic Surgeon" for 2013, 2014 and 2015. The office is also accredited by the joint commission for safety standards and maintains the same "Gold Standard" for safety and excellence in health care as hospitals.

If you're curious about surgery after weight loss, you might be wondering what makes a good candidate and what types of procedures can be performed. Dr. Yarinsky explains that the majority of his patients (approximately 80%) achieved their weight loss through gastric band or gastric bypass surgery; the remaining 20% lost weight on their own or through programs like

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Weight Watchers®. But although they successfully lost a significant amount of body weight, the individuals often have loose skin remaining. Yarinsky explains, "It's the dark secret of weight loss. The skin doesn't shrink like the rest of the body, leaving a lot of excess loose skin behind."

And while weight loss does great things for the overall health and look of the body, its affects on the face are

Unfortunately, 90% of the time, insurance doesn't cover these skin tightening procedures and patients must self-pay. But when it comes to self-esteem and body image, sometimes the cost is worth it.

Luckily, Dr. Yarinsky's office offers plenty of payment options including financing through a program called Care Credit.



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not always so positive. Dr. Yarinsky says, "Many patients don't realize that when you lose 100 pounds, you also lose facial fat, which can make you look older." Dr. Yarinsky is quick to point out, "That's not to say weight loss surgery isn't a good idea; it has a ton of health benefits. It's just that many patients aren't aware of the sagging, excess skin that remains." And while liposuction is good for diet and exercise resistant fat deposits, it doesn't help with this loose skin. For that, patients need a body part tuck or lift. Tucks and lifts can be performed on a number of body parts including: face, neck, arms, thighs, breasts, and stomach.

Many potential patients are concerned about the recovery process – how long it takes and how much time they'll spend in the hospital. Saratoga Springs Plastic Surgery Center is unique in that no hospital stays are required – all procedures are performed at the in-office surgical center. Dr. Yarinsky explains, "We do everything in-house and they recover at home, which patients love. It also provides a cost savings over the hospital and it's more private, comfortable, and convenient." However, Dr. Yarinsky retains staff privileges at Saratoga and Glens Falls Hospitals. Although complications are rare, this often gives further peace of mind to his patients.

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In general, patients can expect to take 1-3 weeks of rest before resuming daily activities

and a few months for more strenuous activities like exercise. However, in the case of waistline and thigh lifts, patients are not incapacitated and can move around soon after surgery. As far as post-surgery, Dr. Yarinsky cautions all patients to expect some scarring. "The trade-off is the scars involved, which I outline in detail for patients at their consultation," he says. But he adds that

for many patients, more confidence and a better body image outweigh any concerns about scars. "Most patients with realistic expectations are ecstatic with their results. Their goal is to feel more comfortable when wearing more revealing clothing, and with the way they look without clothing on," he explains.

Of course there are always individuals who wouldn't benefit from these types of procedures. First and foremost, Dr. Yarinsky says, "Those who can't tolerate scars wouldn't be good candidates." He continues, "People with significant

health problems also are not good candidates." For example, individuals with uncontrolled diabetes, lung disease, heart disease, or heavy smokers often don't have good wound healing, making surgery difficult. "It's not uncommon for me to tell someone that I can't help from a surgical standpoint," he says. But luckily, these situations are the exception, not the rule, and Dr. Yarinsky is able to help the majority of the patients he sees.

When it comes to results, Dr. Yarinsky's patients can't say enough good things about their new look and increased confidence. Back in February, Marie Williams visited Dr. Yarinsky's office for an inner thigh liposuction and lift as well as liposuction in the stomach and hip area. At 5 weeks post-op, Marie says, "Everything turned out fantastic, I'm so happy with the results." Marie lives in Central New York and says despite the nearly two-hour drive, traveling to Dr. Yarinsky's office in Saratoga is worth it. She received her procedure in-house and then stayed at a nearby hotel overnight. The next day she went in for a check-up and continues to see Dr. Yarinsky every few weeks.

She says, "The recovery has been great, I haven't had any problems. I had to wear a compression garment, which was a little tight, but other than that, it's been a breeze." Marie says one of the best things about Dr. Yarinsky's surgical center is the ability to have the procedure done at his facility. "It's such a big plus," she says. "In a hospital, it's like all of the patients are on a conveyer belt, you're just waiting in line, but with Dr. Yarinsky, you're the only patient in there getting surgery, their sole attention is on you," she explains.

Katie P., who received the "Mommy Makeover" procedure about a year and a half ago, agrees. She says, "I Lost 60 pounds through lap band surgery in 2008 and afterward, visited Dr. Yarinsky for a breast lift and reduction." During her consult, Dr. Yarinsky also discovered that she had diastasis recti (a separation of the abdominal muscles) and explained the benefits of fixing it. If the abdominal separation remains, there's the potential for hernia and emergency surgery, something Katie didn't want to risk. Dr. Yarinsky suggested the "Mommy Makeover" procedure, which involves a breast lift and augmentation or reduction (depending on the individual) as well as abdominoplasty.

Now that the procedure is complete, Katie says, "I'm thrilled with the results. I haven't looked this good since I was a teenager – in fact, I hadn't worn a bikini since I was 19, but I wore one last summer!" But while the end result is worth it, Katie cautions that recovery can be different for everyone. "I'll be honest, recovery was a little tough for me, but Dr. Yarinsky and his staff are amazing with the follow-up," she says. And since she was paying out of pocket, Katie says she was thrilled that all follow-up

care is included. "There are no surprise costs," she says. "The amount they quote you is the amount you end up paying." She continues, "If I had known before, how happy I would be with the results, I would have pursued things earlier and more aggressively." Beyond Dr. Yarinsky's surgical expertise, Katie says, "He has such a great bedside manner – he gives you the pros and cons of everything and lets you decide what's best for you. There's no pressure."

For more information on post-weight loss surgery options and Saratoga Plastic Surgery Center, visit: Yarinsky.com