

## LOVE YOUR LOOK

# Beyond breast enhancement: losing those 'love handles'

When women talk to us about breast enhancement, they often mention other areas of their bodies that they would like to improve.

Some patients tell us that no matter how much they diet and exercise, they can't get rid of the "love handles" around their midsections and "saddlebag" thighs. They want their bodies to look as fit and youthful on the outside as they themselves feel on the inside.

Pregnancy and major weight loss play a role in creating these trouble spots. But women who have maintained a normal weight can experience the same problem areas.

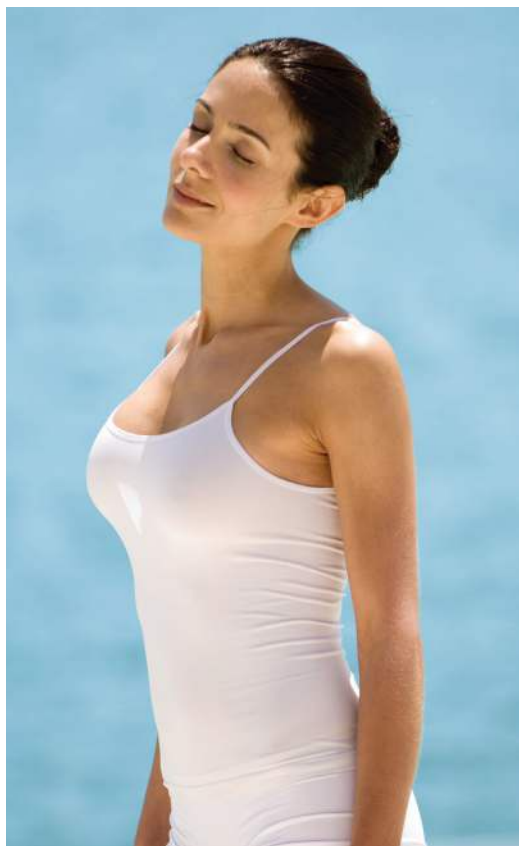
Sound familiar? If so, there is no better time than now to explore your options with a board-certified plastic surgeon. Many women find their schedules lighten up in the summer, and the breezy fashions of the season provide the inspiration they need to take action.

About 30 percent of our breast enhancement patients schedule at least one other procedure. Two of the most popular options are liposuction and tummy tucks.

Liposuction helps sculpt the body by removing fat from areas such as the abdomen, hips, buttocks and thighs. A tummy tuck, also called abdominoplasty, removes excess skin and fat from the middle and lower abdomen.

The advantages of having more than one procedure at once are obvious: one surgery session, one recuperation period, and reduced fees. For example, one of our patients, a working mother of two, combined her breast enhancement last August with a mini tummy tuck, liposuction and breast lift to correct sagging breast tissue.

Some patients prefer to space out their procedures, or their doctor may advise it for medical reasons. That is fine, too. Just make sure that all procedures are performed by a board-certified plastic surgeon in an accredited surgical facility.



Breast enhancements, liposuction and tummy tucks are all "same-day" procedures, which allow women to return home without an overnight stay.

Women who have breast enhancement and liposuction can get back to work and normal activities within a few days. Recovery from tummy tucks varies depending upon your condition and whether you have a partial tummy tuck or a complete abdominoplasty. Most people return to work after 5-7 days, others may take more time. Regardless of the procedure, it's wise to avoid strenuous activity for about 3-4 weeks.

Just follow your doctor's advice. The results will be worth it.

"I can actually wear a bathing suit with confidence," says Tammy, one of our patients.



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*Love Your Look* is a column by Dr. Thomas Albert, Dr. Howard Heppe and Dr. Harold Bautista, the board-certified plastic surgeons of Plastic Surgery Services of Fredericksburg. For more information, please visit [www.loveyourlook.info](http://www.loveyourlook.info) or call 1-800-793-7730. For a free consultation with one of our doctors, just mention this story.

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