

Plastic Surgeon on New Study: Body Contouring is Key After Bariatric Surgery

FAIRFAX, VA, USA, December 9, 2013 /EINPresswire.com/ -- Dr. Andrew Goldberg, who practices plastic surgery in Virginia, discusses new research showing that body contouring after bariatric surgery increases a patient's odds of maintaining weight loss results long-term.

A recently published study found that body contouring after bariatric surgery improves a patient's chances of maintaining his or her new, lower weight. Dr. Andrew Goldberg, who has a plastic surgery practice in Fairfax, Virginia, says the study reinforces his long-held belief that post-bariatric plastic surgery is essential to long-term weight control.



Plastic surgery following bariatric surgery, says a specialist in Virginia, is key to long-term weight control, according to recent research.

"Bariatric surgery is an excellent means for morbidly obese patients to lose a significant amount of weight," says Dr. Goldberg. "Unfortunately, many patients regain much of their body weight in the years after gastric bypass, putting them back at increased risk of obesity-related health problems."

[The study published](#) in *Plastic and Reconstructive Surgery*[®], the journal of the American Society of Plastic Surgeons, demonstrated that patients who undergo surgery to remove excess skin after weight loss surgery were able to maintain their weight loss for longer than patients who didn't have plastic surgery.

Bariatric surgery patients who undergo body contouring procedures such as a [tummy tuck](#) at his Virginia practice, says Dr. Goldberg, gain confidence in themselves and are more motivated to maintain their weight.

"While bariatric surgery reduces the health risks for these patients, the excess skin that remains leaves them feeling almost as self-conscious as before weight loss surgery," he says.

At his clinic in Virginia, where Dr. Goldberg specializes in [post-bariatric body contouring](#) procedures, patients often express their disappointment with the sagging, bulky skin left after massive weight loss.

"Some patients require a combination of procedures, including a lower body lift, an arm lift, and face lift, to achieve the appearance they desire," says Dr. Goldberg. Nevertheless, these patients are among the most satisfied of all plastic surgery patients. "The results are truly life-changing."

Dr. Andrew Goldberg (www.virginiaplasticsurgery.com) is a board-certified plastic surgeon serving Fairfax County, Virginia, and the surrounding area. Dr. Goldberg received his medical degree from University of Medicine & Dentistry of New Jersey and completed his plastic surgical training at UCLA Medical Center. He has been performing plastic surgery in Virginia since 1991. He specializes in aesthetic and complex reconstructive surgical procedures, including breast and body contouring and post-bariatric body contouring surgery.

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