Austin Plastic Surgeon on Surgical Solutions After Weight Loss

Dr. Steven Holzman details surgical procedures commonly pursued after significant weight loss to address a range of lingering concerns.



AUSTIN, TX, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- Significant weight loss, whether achieved through lifestyle changes, medication, or bariatric surgery, can be a transformative milestone in a person's health journey. However, many individuals are surprised to find that after losing a substantial amount of weight, they are left with loose, excess skin and tissue that do not respond to diet or exercise. According to Dr. Steven Holzman, a board-certified plastic surgeon in Austin, these concerns are common and can impact both physical comfort and emotional well-being. To help patients better understand their options, Dr. Holzman is sharing insight into surgical solutions that can address the lingering effects of major weight loss.

Dr. Holzman explains that following weight reduction, skin often lacks the elasticity needed to conform to a person's smaller body size. This can lead to concerns such as chafing, rashes, difficulty finding clothing that fits properly, and areas of sagging skin that may cause self-consciousness. While these aftereffects are expected, they can be discouraging for individuals who have worked hard to improve their health. "Post-weight loss surgery is designed to complete the transformation," says Dr. Holzman. "These procedures are not about changing who someone is, but instead about helping patients feel more comfortable in the body they've earned."

One of the most frequently discussed procedures is a tummy tuck (abdominoplasty). After significant weight reduction, the abdominal area often exhibits stretched skin, weakened muscles, and stubborn folds that cannot be improved through exercise alone. A tummy tuck removes excess skin, tightens the abdominal wall, and restores smoother, more supportive abdominal contours. Dr. Holzman explains that this procedure can help alleviate skin overhang, improve mobility, and enhance core strength, particularly for those who have also experienced

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pregnancy-related abdominal changes.

Changes to the chest area are another common concern. For women, weight loss can lead to decreased volume and increased sagging. A breast lift helps reposition, reshape, and elevate the breasts for a more youthful and proportional appearance. Depending on a patient's preferences, implants may be added to restore fullness lost during weight reduction. Dr. Holzman emphasizes that the goal is to achieve natural-looking contours and improved symmetry, whether with implants or with a lift alone.

Men may also experience changes in the chest that persist even after major weight loss. Many develop or continue to struggle with gynecomastia, a condition involving excess glandular tissue that cannot be resolved with dieting or exercise. Gynecomastia surgery removes this tissue to create a flatter, more traditionally masculine chest contour. Dr. Holzman notes that this procedure can offer immense emotional and physical relief, helping men feel more confident in fitted shirts and during physical activities.

Another area commonly affected by weight loss is the upper arms. Loose skin in this region can create what patients often refer to as "bat wings," which can lead to self-consciousness or discomfort. An arm lift (brachioplasty) removes this excess skin and tightens the underlying tissues to produce a more toned arm appearance. Dr. Holzman shares that many patients appreciate not only the aesthetic benefits but also the improved comfort when wearing short sleeves or raising their arms.

For individuals with sagging skin along the inner or outer thighs, a thigh lift can be an effective solution. After weight loss, the thighs may retain folds of loose skin that cause chafing, limit clothing choices, or make physical activity uncomfortable. By reshaping and smoothing the thighs, this procedure can enhance both mobility and leg definition. Although incisions are necessary, Dr. Holzman notes that the functional and cosmetic improvements often outweigh concerns about scarring.

Dr. Holzman emphasizes that while each of these procedures offers distinct benefits, many patients see the best results through a personalized, staged treatment plan developed during a comprehensive consultation. "Every weight loss journey is unique, and the surgical approach should reflect that," he explains. A board-certified plastic surgeon can help determine the safest and most effective sequence of procedures, ensuring that each step supports the patient's goals and long-term health.

Recovery timelines can vary depending on the combination of procedures performed, and

patients should prepare for dedicated healing time and post-operative care. Dr. Holzman encourages individuals to approach body contouring with realistic expectations, focusing on the lasting improvements these surgeries can provide rather than the temporary limitations of recovery.

“Losing weight is a tremendous achievement,” Dr. Holzman says. “Body contouring procedures can help people fully realize that accomplishment by addressing the residual concerns that affect their comfort, mobility, and confidence.”

For more information about post-weight loss surgical options, individuals are encouraged to consult with a qualified, board-certified plastic surgeon who can provide guidance tailored to their needs.

About Steven Holzman, MD, FACS
Dr. Steven Holzman is a board-certified plastic surgeon in Austin with more than two decades of experience in the plastic surgery field. At Holzman Plastic Surgery, he performs a range of facial, breast, and body procedures, as well as advanced non-surgical treatments. Dr. Holzman’s extensive medical training began with a General Surgery Residency at the University of Arkansas for Medical Sciences, followed by a General Surgery Research Fellowship at Tufts University School of Medicine. He then completed his Plastic Surgery Residency at the University of Florida. Throughout his career, Dr. Holzman has earned recognition for both excellence and consistency, having been named to Texas Super Doctors® by "Texas Monthly Magazine" and honored as one of Austin’s Top Doctors by "Austin Monthly Magazine." Dr. Holzman is an active member of the American Society of Plastic Surgeons, Texas Society of Plastic Surgery, and Austin Society of Plastic Surgeons. He is available for interview upon request.

For more information about Dr. Holzman and his practice, please visit austinplasticsurgery.com or facebook.com/DrStevenHolzman.

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