Cosmetic and Reconstructive Surgeon Dr. Tessa Meyer Recently Featured on Close Up Radoi



OKLAHOMA CITY, OK, UNITED STATES, September 29, 2026 / EINPresswire.com/ -- Ask most surgeons what separates good outcomes from great ones, and they will point to technique. Dr. Tessa Meyer points to a patient's Tuesday evening phone call regarding her unexpected swelling.

That answer, more than any single procedure, explains why Dr. Meyer has become one of the more closely watched names in cosmetic and reconstructive surgery this year. In a field where before and after photos travel faster than the truth behind them, she has built a practice on something almost old fashioned: sitting down with her patients and explaining exactly what happens in between.

"Social media has a way of presenting a patent before and after cosmetic surgery, as if a magic wand and a good night's sleep got them from point A to point B." Dr. Meyer explains, "What's missing is the 90 - 365 days in between those photos."

That gap, she says, involves physiologic stress, inflammatory changes, varying degrees of incisional wound care, occasional complications, and the slow, unglamorous work of healing. These are the vital details she walks through with every patient before they ever reach the operating table.

A Discipline, Not a Duty

Dr. Meyer, who trained in general surgery before moving into cosmetic and reconstructive work, credits her results less to any single skill than to a habit of consistent and reliable availability. Cosmetic surgery, she shares, carries a more personal relationship between physician and patient than many other specialties, and she treats access as central to the job. “My patients have my personal cell phone number and are welcome to call me any time of day or night, seven days a week.”





Albeit her dedicated attention towards innovation and the development of new techniques across her field, Dr. Meyer maintains partiality and loyalty towards certain old school methods. For example, while some surgeons favor the more novel method of mattress suturing over surgical drains, Dr. Meyer remains committed to using drains for skin and soft tissue procedures, as they are a more secure and reliable way for fluid to exit the body during recovery.

Reading the Room on Weight Loss Drugs

The rise of GLP-1 medications has reshaped her waiting room. Dr. Meyer explains that while these drugs generally help patients reach physical candidacy for cosmetic and reconstructive surgery after massive weight loss in a timely manner, rapid weight loss can bring nutritional deficits and systemic changes that require careful consideration and monitoring before, during, and after an operation. She has also watched the medications produce an unwelcome side effect in some patients: facial volume loss that leaves cheeks sunken and features aged beyond their years, a look she said trades one insecurity for another.

That caution extends to whom she accepts as patients. Dr. Meyer describes herself as conservative in patient selection, and she will delay or decline procedures when a patient's expectations seem detached from what surgery can reasonably deliver. She also refers patients when she senses psychological strain that a psychiatric consultation should address first.





A New Technique with Her Name on It

Among the developments Dr. Meyer is most eager to discuss, is one she is building herself. She is developing a procedure she calls the TIGA Flap - Triangular Infragluteal Advancement Flap. The best candidates are those who have lost significant weight, with tissue in the medial glute region that leaves the area with a squared contour, which complicates a patient's effort to achieve a rounded look. Liposuction alone cannot correct the shape, she explains, nor in adjunct to known techniques such as lower body lifts, butt lifts, and/or infragluteal crease excisions. She expects to publish her findings within the year.

Asked whether robotic surgery could eventually replace surgeons like her, Dr. Meyer is direct. "Cosmetic surgery relies as much on understanding a patient's psycho-emotional needs, as on visual and tactile assessment of their tissue position, as on technical execution. No two patients, including identical twins, present the same combination of anatomical concerns and surgical goals. So, no, robots won't be carrying out cosmetic surgery anytime in the near future."

Outside the operating room, Dr. Meyer thoroughly enjoys traveling, touring various cities, enjoying various cuisines, wine-tasting, socializing with friends and family, spending time at the gym, outdoor running, and attending community outreach events. She maintains a vested interest in health and fitness, human biology, and body aesthetics which she attributes to her decorated career as a varsity and national team athlete. She traces her fondness for art, city, and culture to her upbringing in Vancouver, British Columbia.

Her approach to the work, she says, comes down to a single, repeated goal shared across her field: helping patients feel more confident and comfortable in their own skin, so they can direct their energy to bigger and better things.

About Dr. Tessa Meyer

Dr. Meyer is a cosmetic and reconstructive surgeon based in Oklahoma City with a general surgery background. Her practice focuses on skin and soft tissue procedures, body contouring and post-massive-weight-loss reconstruction, including a technique she is developing called the TIGA Flap. She has been recognized within the field for her surgical work and continues to publish and lecture on emerging techniques in cosmetic and reconstructive surgery. The International Association of Top Professionals (IAOTP) recently honored her as Top Cosmetic Surgeon of 2026 for her outstanding leadership, dedication, and commitment to the industry.

Close Up Radio recently featured Dr. Tessa Meyer, cosmetic and reconstructive surgeon, in an interview with Doug Llewelyn on Friday September 25th at 10am Eastern

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For more information about Dr. Meyer Meyer, cosmetic and reconstructive surgeon, please visit https://csaok.com/ and https://0e190a550a8c4c8c4b93-fcd009c875a5577fd4fe2f5b7e3bf4eb.ssl.cf2.rackcdn.com/EINPresswire-904967023-dr-tessa-m-meyer-selected-as-top-cosmetic-surgeon-of-the-year-2026-by-iaotp-2.pdf

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