



Body contouring after massive weight loss: surgeon's approach to the patient

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Obesity is now recognised as a major health risk and people are being encouraged to lose weight. With the advent of minimal invasive bariatric surgery and effective dieting and exercise regimen, massive weight loss can be achieved in a very short period of time. As a result, there is now a definite group of Massive weight loss (MWL) patients who are now presenting extremely diverse and often complex contour deformities never seen routinely in Plastic surgery. These MWL patients present extensive redundant skin and an altered body figure which affects them physically and psychologically. These patients if not treated with contouring surgery, can suffer anxiety, depression and in some cases regain weight. MWL patients are often unaware or mis-informed about the contouring surgery. They are anxious and often come with unrealistic expectations. This talk will discuss from surgeon's perspective, how to approach, plan and prepare patients for contouring surgeries. They should be taken through the process in such a way that a balance is maintained between hope and realistic expectations.

Biography: Mabroor Bhatti is Plastic surgeon. He did his FRCS in 1990 and is a Hand Fellow from Pulvertaft Hand Centre Derby (1998). Currently, he is working in the private sector doing predominantly Cosmetic surgery in the UK. He has a wide exposure to weight loss patients being affiliated to his hospital's Bariatric Unit. He is a Member of BAPRAS, ISAPS, ISHRS, ISBPS (International Society of Bariatric Plastic Surgeons).

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