Models in magazines. Smiling faces on TV. Maybe even your next-door neighbor or co-worker.

You’ve envied those women with curves in the right places and a perfectly symmetrical figure. They look as if they must work out for hours each day to achieve such a flat stomach, tight buttocks, muscular legs and shapely arms.

Meanwhile, you can’t get rid of the saddle-bags despite exercising three times a week; flatten your stomach, which has been out of shape since you gave birth, even after a thousand sit-ups; or firm up your arms by lifting countless weights. No matter what you do, nothing changes.

But there is a way. Now, you can get that improved shape through surgical body contouring.

Dr. Gregory Fedele combines the experience of a board-certified plastic surgeon with the skill of an artist to create the body you’ve always wanted.
GETTING THE SHAPE YOU WEREN’T BORN WITH

Special Advertising Section

Liposuction remains the most popular type of body contouring. In 2003, more than 320,000 people had liposuction. “The important thing to know is that liposuction only removes fat,” Fedele explains. “It does not tighten the skin. You have to rely on your own body for that. The younger you are, the more likely that your skin is going to snap back after liposuction.”

Liposuction is an outpatient procedure. Numerous small incisions—about a quarter-inch each—are made and a device is used to literally suck the fat out of the body. Scarring is usually minimal and well hidden. While patients may feel some soreness and bruising, most are able to return to work and normal activities within a week.

Tummy Tucks and Lower-body Lift

Tummy tucks and lower-body lifts are more invasive surgical procedures. Tummy tucks tighten both the skin and lax muscles of the abdomen, while removing fat to give the stomach a flatter appearance. The scar is usually hidden in the bikini line, so it is possible to wear a bathing suit.

‘I WISH I HAD DONE IT SOONER,’ SAY WOMEN WHO HAD BODY CONTOURING AFTER WEIGHT LOSS.

Michelle and Judy have never met each other, although both women experienced the same life-changing event. After years of fighting excessive weight, both women had bariatric surgery, also known as gastric bypass surgery. They were among more than 100,000 people who underwent the procedure in 2003.

But while each lost more than 100 pounds following the surgery, neither liked what she saw in the mirror. Their skin, once plumped out by fat, now just hung off their bodies. It was uncomfortable and unsightly. It can also be unhealthy. Many weight-loss patients with excess skin are prone to yeast infections in the folds of the skin, according to Dr. Gregory Fedele, a board-certified plastic surgeon in Willoughby Hills.

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As an artist, you tend to view things differently. Your aesthetic sense is a little bit more in tune. With drawing or painting, you’re starting with a blank canvas. You’re starting from scratch. A human body is different. You’re starting with a structure or form already present. A patient comes to you with a nose that is a certain shape or a breast that is a certain size, and then you’re molding or shaping it into something that’s more pleasing or aesthetically more attractive. That’s what artists do and that’s what I do.”

— Dr. Gregory Fedele, Center for Plastic and Cosmetic Surgery

Frustrated by the excess skin, both women made the decision to go for body contouring. Both chose Fedele. “That was the icing on the cake,” says Judy, 58, a retired facilities worker. “My stomach is now board flat.”

Last June, Judy had the excess skin and fat removed around her abdominal area, then returned in July to have her arms and legs done.

Fedele removed more than 30 pounds of excess skin, though he admits that five or 10 pounds is the average for such a surgery.

The change from size 26 to size 8 is so dramatic that Judy says many people don’t even recognize her when they pass her on the street.

Michelle calls herself a “career dieter,” losing and gaining up to 100 pounds following each dieting craze. But she now weighs less than she ever has in her life, which is why she’s making the decision to go for body contouring this month.

The changes to her body can be dramatic. Fedele removed more than 30 pounds of excess skin, though he admits that five or 10 pounds is the average for such a surgery.
Lower-body lifts include a tummy tuck, as well as the removal of excess skin on the lateral sides through the hip and buttocks area. This gives the waistline a more dramatic curve and slimmer appearance.

Depending on the amount of skin that needs to be removed, the scar can stretch around the waist like a belt. These procedures require patients to spend up to several days in the hospital. Recovery time is usually about two to three weeks.

Arm and Leg Lifts

Less flab and more definition is the main reason for an arm lift. Some people are just born with massive arm girth. Those who experience a dramatic weight loss — sometimes more than 100 pounds — will have skin that hangs and is both uncomfortable and unsightly. In both cases, buying clothes that fit around hefty arms can be a challenge.

An arm lift will shape and define the upper-arm area. It requires an incision on the inside of the arm that stretches from the armpit to the elbow. In some cases, the scar can be wide.

“The trade-off is improvement in contour or appearance at the expense of a permanent scar,” says Fedele. “But those people who have this excess tissue will take the trade-off of the scar, rather than continuing to live with this hanging skin.”

Similarly, leg lifts remove excess skin and fat from the upper leg or thigh area to the knee. These are sometimes done in conjunction with a lower-body lift.

Before You Choose Body Contouring

Be at Your Ideal Weight: “Body contouring is best done when the patient is at or near the ideal body weight,” says Fedele. While some patients lose a significant amount of weight in excess skin from body-contouring procedures, Fedele urges patients to view the surgical procedure as a way to firm up and shape the body — not as an alternative to weight loss.

Make Sure You’re Finished with Pregnancy: Getting pregnant following a tummy tuck can undo the procedure, leaving stomach muscles and skin flabby all over again. Rather than waste the time and money, save your tummy tuck until you’ve finished having children.

Quit Smoking: Smoking can put cosmetic-surgery patients at risk for numerous complications, including infection and poor healing. Many physicians will not perform elective surgery on smokers.

“[Dr. Fedele] performed a miracle. He did an amazing job on me,” Michelle says. “He put me in proportion.”

Michelle wore a size 26, but is now a 10 on top and 14 on the bottom. In fact, she has let very few people in on her secret. Her co-workers all think she’s just done a great job with exercise and diet.

Now, exercise and diet are part of her routine. She does strength training and walks more than 35 miles a week. Without the excess weight, even exercising is less embarrassing and just easier.

“If people haven’t seen me in a long time, they totally freak out,” Michelle says. “The upper body is all exercise, but the bottom part of me is mainly Dr. Fedele. He is unbelievable.”
**Our Aesthetician**

Simone has been a medically trained, fully licensed aesthetician since 1993, with more than 12 years of experience in skin care in the field of plastic and cosmetic surgery. Simone works closely with Dr. Fedele and has extensive knowledge of pre- and postoperative skin care, corrective treatments for acne, sun damage and all other aspects of skin rejuvenation. In addition, Simone has more than seven years of experience with cosmetic tattooing (permanent makeup) for eyeliner, eyebrows, and lips.

Following a private consultation with Dr. Fedele, Simone conducts a comprehensive skin-care evaluation to help determine what kind of treatment will provide the best results to rejuvenate your skin. All skin-care treatments in our office are focused on revitalizing your skin using the highest-quality hypoallergenic, non-comedogenic products, only available through a physician’s office. Call today for a free skin-care consultation with Simone and find out how we can get you on track to healthier, younger-looking skin.

We have a variety of products and services to meet your skin-care needs, including:

- Microdermabrasion
- Lunchtime facial rejuvenation peels
- Biomedic micropeel
- Refinity peel
- Eyelash and eyebrow tinting
- Waxing
- Permanent makeup
- Camouflage makeup

Skin-care products:

- Biomedic/La Roche Posay
- Physicians Choice of Arizona
- Neova
- Youngblood Mineral Makeup

**Our Philosophy**

At the Center for Plastic and Cosmetic Surgery, we understand that considering cosmetic surgery is a very personal and serious decision. Dr. Fedele will meet with you and work closely with you to tailor each procedure to meet your individual needs.

Dr. Fedele and his staff will take the time to answer all your questions and concerns to ensure you are comfortable and have a complete understanding of the procedure you choose.

We welcome you and look forward to working with you on your journey toward a positive outlook and renewed confidence.

Make an appointment today to learn more about the “art of plastic surgery” with Dr. Gregory Fedele and the wide range of services he offers.

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Visit us at

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**The skills of a surgeon, the eyes and hands of an artist.**

**Gregory M. Fedele, MD, FACS**

Certified, American Board of Plastic Surgery

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