

# DESTIN PLASTIC SURGERY WEIGHT LOSS

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- LIVE LONG, LOVE LIFE -



# DESTIN PLASTIC SURGERY

Thank you for considering Destin Plastic Surgery. We would first like to *Congratulate* you on your success. You have likely lost a significant amount of weight either on your own or through a weight loss procedure. This is a major accomplishment that will enhance your health, your well-being, your outlook on life, as well as your appearance.

Many patients who have lost a large amount of weight are now encumbered by the significant amount of skin that is left behind and often want their bodies to reflect the new, more positive image they have of themselves. Many times, the only way to remove excess skin left after extensive weight loss is through body-contouring plastic surgery. The doctors at Destin Plastic Surgery frequently treat weight loss patients from many areas of U.S. as well as around the world.

There are two plastic surgeons at our facility. Both Dr. Burden and Dr. Ennis are Double Board Certified in Plastic Surgery and General Surgery. We recommend that you schedule a consultation to come meet with one of the doctors. They will be able to evaluate your situation directly and advise you on the procedure that might be best for you.

## REASONS FOR POST WEIGHT LOSS SURGERY

Many patients who have lost a significant amount of weight are thrilled with the way they feel and look in clothes, but are less than happy undressed. Most patients have a long list of concerns and therefore we must try to simplify things in effort to make decisions easier.

To simplify things we like to think of the skin of our body as the container and the fat as the volume. When you were heavier, you had a much larger container (skin) to hold this volume. Now that you have lost all this weight (volume) the container is too large for this smaller volume. So to make it quite simple, we need to tighten up the container or in essence tighten up the skin and muscles that have been over stretched from the weight gain and subsequent weight loss.

Face lifts, tummy tucks, breast lifts, arm lifts, and many other plastic surgery procedures for weight loss patients are all geared at doing just that, tightening up the skin and muscles! Depending on your age and previous pregnancies, varying amounts of skin will need to be removed.

### SPECIALIZED TECHNIQUE

In the process of removing skin it is important that we attempt to return your body to its most natural state and we want to avoid the old-fashioned "nip and tuck" style surgery. Drs. Burden and Ennis focus their efforts on tightening both the muscles and the skin so that we can achieve a long-term result that is pleasing to both the patient and the doctor. By tightening and correcting the underlying muscle laxity, the skin will maintain the results for a much longer time than if the skin alone is tightened without tightening the underlying muscles. This is especially important in facial surgery.

Another important consideration is the associated scarring. Everything in plastic surgery is a trade-off between the improvement that you get and the resulting scar. Some procedures can be performed through a very small scar, which is almost invisible, but many of the skin tightening procedures require large amounts of

skin to be removed thus necessitating larger scars. We have found our weight loss patients to be very accepting of these scars as they are achieving significant improvement in both their physical appearance and their self-image!

*Please understand the majority of the photos seen in this brochure were taken at three months post-operatively. It takes at least a year for a scar to mature and fade.*

## LIPOSUCTION

Destin Plastic Surgery specializes in liposuction (also called body contouring) for weight loss patients. Liposuction involves the destruction of the fat cell and elimination of the fat cell from the body. The destruction of the fat cell can be in the form of high negative pressure, ultrasonic energy, laser energy, or mechanical energy.

In our body, there is a superficial layer of fat that is virtually everywhere, even in our eyelids. Additionally, there is also a deep layer of fat. The deeper layer of fat is our "storage layer." This deep layer gives us our familial characteristics. If we gain weight, these problem areas tend to enlarge first and unfortunately, when we lose weight it tends to be the last area to reduce in size. The object of liposuction is to remove this "deep layer of fat." By removing the deep layer of fat, we can improve the contour of the abdomen, love handles, hips, and thighs.

**LIPOSUCTION-ASSISTED BODY SCULPTING IS NOT A SUBSTITUTE FOR WEIGHT LOSS.** Prior to undergoing liposuction, weight loss or post gastric bypass patients should accomplish the following prior to liposuction:

- ❖ **LIFESTYLE CHANGE** Maintaining a sedentary lifestyle in which you eat and drink without discretion will result in failure of your surgery.
- ❖ **DIET CHANGE** A healthy diet will not only maintain the surgical results; but improve your overall health.
- ❖ **EXERCISE** An essential element of maintaining a healthy lifestyle.

**These 3 elements should be in place prior to body contouring surgery and maintained following the surgery.**

## IMPROVEMENTS FROM LIPOSUCTION

Liposuction is an excellent procedure for removing excess localized fat. It is, however, a very poor procedure to treat obesity. Many people, despite maintaining a good diet and exercise regimen, will still have areas of adipose (fat) which do not respond to diet and exercise. Men and women tend to localize fat to specific areas for anatomical reasons. For women, it's the hips, outer thighs, posterior thighs and inner thigh; men localize fat in their "love handles" and abdomen.

Unfortunately liposuction has minimal, to no, effect on skin tone. If the skin tone over the area that is to be treated is poor, this is usually evidenced by loose "hanging" skin and stretch marks, a procedure that removes the excess skin, such as a tummy tuck, may also be needed to improve the contour. Dr. William Burden and Dr. Scott Ennis will determine at your consultation what procedures will need to be done to get you the best results.

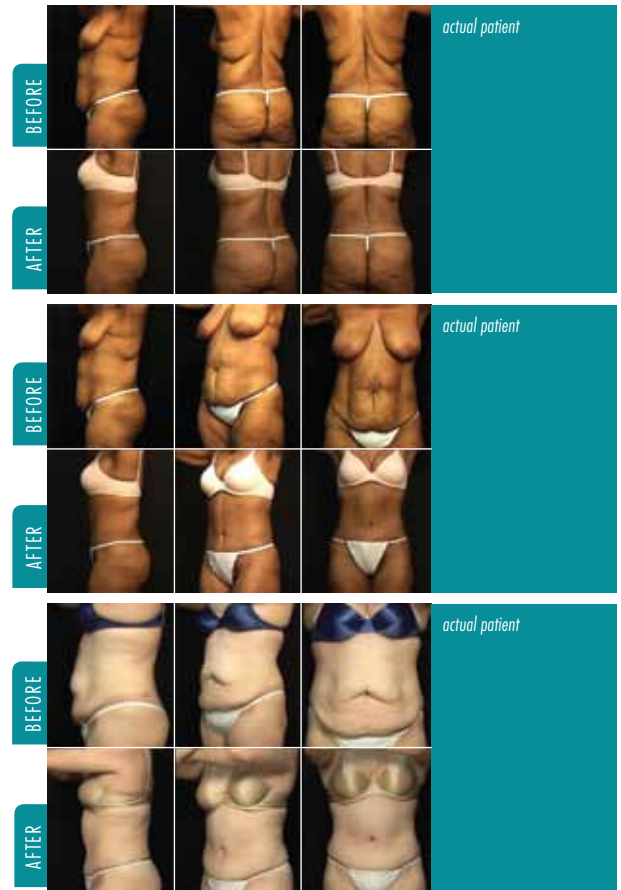
## RECOVERY AFTER LIPOSUCTION

After a person undergoes liposuction, support garments are worn for several weeks. These support garments are necessary to allow the overlying superficial fat and skin to heal back and heal in the appropriate position. The garments also help to decrease the post surgical swelling.

There is generally some bruising associated with liposuction, and this can vary significantly from person to person. Pain is generally well tolerated following liposuction and will also vary from individual to individual. In general, you will be sore and tender for the first 48 to 72 hours, after which you will find that your activities will become less and less limited due to the tenderness. The swelling from the liposuction may take as long as 6 months to completely resolve. In general, 80% of the swelling resolves within the first 6 to 8 weeks. You will likely see significant improvements in your problem areas as soon as 2-3 days.

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## TUMMY TUCK

A tummy tuck, technically called an abdominoplasty, is performed to correct excess adipose (fat), excess skin, and correct abdominal wall laxity. This procedure is often combined with liposuction to correct other problem areas such as excess fat in the back, hips, thighs and love handles.

## REASONS FOR ABDOMINOPLASTY

Three factors often cause an abdomen to look unattractive:

- ❖ EXCESS ABDOMINAL FAT
- ❖ EXCESS ABDOMINAL SKIN
- ❖ DEFORMITY OF THE ABDOMINAL WALL, MUSCLES AND CONNECTIVE TISSUE

## RECOVERY AFTER TUMMY TUCK

Recovery time after abdominoplasty is progressive. Early after the surgery, your activities will be limited. It is very important you are up walking by the next day after surgery to help prevent problems such as blood clots and pneumonia. The quicker you get up walking; the faster you will get back to normal.

## ARM LIFT

Also known as a brachioplasty, this procedure is used to reduce excess skin and fat between the underarm and elbow and results in a more toned and proportionate appearance.

Loose upper arm skin is most often related to weight loss. If you were ever overweight, you more than likely developed heavy upper arms. To accommodate the increased volume of the upper arms, your skin stretched. After weight loss, skin often fails to tighten, and so it sags. The only way to improve this problem is through an arm lift. A brachioplasty does necessitate the creation of a scar. Those with very loose, "bat" arms find the trade off of the scar to be minimal compared to a more pleasing upper arm.



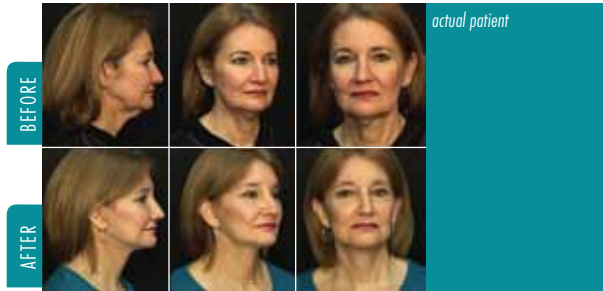
## FACELIFT & EYELID PROCEDURES

Loose skin of the face, which causes jowling, and loose skin of the neck can be corrected by a facelift. In addition to removing the excess skin, newer techniques are used to tighten the muscles of the neck and the deep tissues of the face. The SMAS facelift, otherwise known as the S-lift or deep plane facelift, places less tension on the skin, thus avoiding the "swept back" appearance of a "skin only" facelift.

Many people would agree that a few wrinkles around the eyes add expression to their appearance; however, dark circles, droopy eyelids and bags convey an undesirable fatigued appearance. A critical portion of the weight loss process involves the cheek pad (mid-face). As the cheek pad falls with age and loss of volume, it begins to droop, the lower eyelid takes on an elongated appearance and the nasolabial folds appear deeper. The lower eyelid surgery (blepharoplasty) surgery addresses this.

The upper eyelid is an attractive structure that has a beautiful oily sheen and a darker hue than the surrounding skin. When this area begins to appear droopy and puffy, a person appears tired and aged. Removal of the periocular fat of the upper eyelid will improve

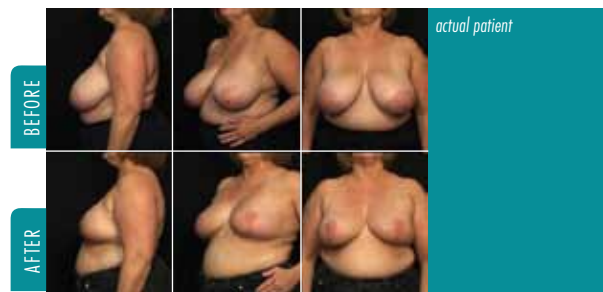
aged. Removal of the periocular fat of the upper eyelid will improve the "puffiness" and removal of the skin will improve the "droopy" appearance.



## BREAST LIFT & REDUCTION

A breast lift is performed to elevate the breast gland and remove the excess skin. The incisions are made around and below the nipple areola complex. The gland is then elevated with its attached nipple areola complex and the excess skin is removed. This results in:

- A repositioned breast gland and nipple in a higher position
- Excess skin is removed
- Incisions on the bottom half of the breast in an upside down T-shaped incision
- If cup size needs to be reduced then commonly a breast lift is performed in conjunction with breast reduction to achieve a more youthful breast appearance.



Breast volume (size) varies from woman to woman. Unfortunately, for some women, the breast gland can become quite large and lead to symptoms such as neck and back pain, breast pain, shoulder strap grooving from the excessive tension on the bra, numbness in the hands, and rashes and infections underneath the breast. Fortunately, reduction of breast volume frequently relieves these symptoms.

There are several techniques available for breast reduction. The technique most frequently used involves using the same incision as the breast lift.

# MEET THE PLASTIC DOCS



## WILLIAM R. BURDEN, M.D., FACS

**VISION** Dr. Burden is the Founder and CEO of Destin Plastic Surgery. He has years of experience with weight loss patients who have achieved what they may have thought impossible. By losing a large amount of weight, you've improved your health and the shape of your body. Unfortunately, you may have excess skin of the face, arms, abdomen, or thighs. Women may experience a greatly diminished breast size. These problems may be treated with surgery.

**INNOVATION & EXPERIENCE** Dr. Burden is an innovator in advanced techniques in facial rejuvenation. Having performed the University of Florida's first endoscopic, *No Scar on the Face*, brow lift in 1994, he performed Northwest Florida's first in 1995. He was the first plastic surgeon in the area to treat with BOTOX® Cosmetic. He has performed thousands of facial procedures, has developed advanced techniques in facial surgery, and has authored articles on rejuvenation of the face.

The technique for tummy-tucks (abdominoplasties) has been refined by Dr. Burden to diminish the length of the scar and to enhance the shape in the hips and waist. He continues to lead the way using advanced methods in body contouring procedures and was the first plastic surgeon in the area to use ultrasonic and power-assisted liposuction.

Dr. Burden specializes in all breast procedures. His extensive experience with breast reconstruction and breast lifting has allowed him to publish articles on the subject. Dr. Burden has developed advanced techniques in breast lift surgery, which allow for superior upper breast fullness following a mastopexy. In 1995, Dr. Burden performed the first endoscopic, *No Scar on the Breast*®, breast augmentation in Northwest Florida. He had performed the first endoscopic breast enlargement at The University of Florida earlier that year. Since then, he has performed over 5,000 of these procedures distinguishing him as one of the few plastic surgeons to achieve this level of experience. Dr. Burden has taught other surgeons on the technique, has published articles, and is currently writing a text on the procedure.

Dr. William Burden is appointed to the International Physician's Advisory Board for Mentor Corporation. Selection into this group is based on experience and volume in breast enhancement surgery.

**SCHOLARSHIP** Board certification is important. Dr. Burden is the first plastic surgeon in Northwest Florida to recertify in cosmetic surgery of the face, breast, and body. Dr. Burden has held dual board certification in Plastic Surgery as well as General Surgery, a distinction that only a select group of surgeons have achieved.

**PARTNERSHIP** Dr. Burden has assembled an experienced staff who will work toward your best result. He will review your options and partner with you to achieve your desired goal. Vision, innovation, and experience: these are the reasons that nurses, doctors, and their families seek out his care.



## LAWRENCE SCOTT ENNIS, M.D., FACS

**EXPERIENCE** Dr. L Scott Ennis is an experienced plastic surgeon in the field of post-bariatric plastic surgery and is double board certified plastic surgeon certified by both the American Board of Surgery and American Board of Plastic Surgery. He has a prestigious international clientele who travel from around the world for his expertise and care.

There are a number of unique considerations when treating patients who have underwent massive weight loss. During your consultation, Dr. Ennis will assess your anatomy as well as your own priorities to help you develop a comprehensive plan for your body contouring. The cornerstone of Dr. Ennis' approach is to individualize treatment to your specific goals and to ensure that you have an adequate understanding of the options available so you are able to make an informed decision.

**RECOGNITION** Recently, Dr Ennis was invited into the International Society of Plastic Surgery. ISAPS membership is drawn from over 1,300 of the world's best known and respected reconstructive and aesthetic plastic surgeons in 73 countries on every continent.

As a worldwide leader in breast augmentation, Dr. Ennis joined thirty-five of the top plastic surgeons in the United States for the LEAD program hosted by Mentor Corporation, the world-wide leader in breast implant technology. Each of the surgeons in attendance was appointed to the International Physician's Advisory Board for Mentor Corporation. Their selection was based on experience and volume in breast enhancement surgery.

**TALENT** Dr. Ennis specializes in endoscopic minimal incision facial surgery, which allows him to achieve dramatic results while minimizing visible scars. Utilizing the most advanced techniques, he will discuss with each patient how he is able to give them a younger, more natural look while avoiding the pulled or stretched appearance of many of the older style facial procedures.

Dr. Ennis has a unique approach to breast enhancement and body contouring. Having performed thousands of endoscopic *No Scar on the Breast*® breast augmentations and body contouring procedures, he will use his experience to present you the options he feels will best create the most attractive and natural look for each individual patient.

Dr. Ennis feels very passionate about obtaining the optimal result and providing personal attention for his patients and their satisfaction is evident in the many accolades and referrals he receives from them...many of whom travel from Europe and around the world to see him.



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## OUT OF TOWN PATIENTS

While Dr. Burden and Dr. Ennis' board certifications and specialty society memberships attest to their knowledge, their surgical skills are the basis of their greatest recognition. Destin Plastic Surgery is widely known by patients traveling from all regions of the United States and abroad. It is a testament to their skills as plastic surgeons that so many travel great distances to seek out their care.

Understanding the special needs of our out-of-town guests, we can often eliminate the need to make more than one trip here for your procedure. We have specifically set up the NEW YOU VACATION PACKAGES for these guests.

After you speak to our staff about your procedure interests, we will set up a consultation and pre-op appointment a day or two prior to your surgery date.

Two weeks prior to your surgery date, a nurse will set up a phone appointment to review some important details about your surgery. Additionally, payment for surgery will be due at this time, in the form of cashier's check or credit card.

At your consultation/pre-op the doctor will perform a thorough evaluation and discuss the procedure in detail with you. Our staff will work with your schedule to make post-op visits as convenient as possible. We encourage our patients to make as many post op visits as possible, but can do some follow up via email and phone.



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