



Your Plastic Surgery Team

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*Thank you for choosing Luminis Health
Plastic Surgery!*



Plastic Surgery

Body Contouring After Weight Loss Surgery





How Can We Help?

Congratulations on your weight loss journey! Our team at Luminis Health Plastic Surgery is excited to offer patients continued care by removing excess skin associated with weight loss. For many patients, the excess skin from their abdomen, arms, or legs can be an irritant or cause rashes. Body contouring, or removal of this excess tissue, can allow patients to have a better quality of life.



Services We Offer

- Panniculectomy (Removal of excess abdominal skin)
- Brachioplasty (Removal of excess arm skin)
- Breast Reduction (Removal & lift of breast tissue)
- Thigh Lift (Removal of excess skin from inner thighs)



Surgery Qualifications

How do I know if I am a good candidate for Body Contouring?

- Must be a minimum of 1 year post Bariatric Surgery
- Weight must be stable for 3 months

Will my insurance cover this procedure?

- *Most* insurances cover the medically necessary procedure
- If insurance does not cover the procedure, our team will work to guarantee fair pricing



Common Questions

Can I do all the procedures in one day?

For some patients we are able to do two procedures in 1 day, such as a panniculectomy and breast lift, but for the safety of our patients we typically stage multiple surgeries.

Will this alleviate the rashes associated with excess skin?

Yes! For many patients, undergoing this procedure can eliminate, or dramatically reduce skin irritation and rashes.

How long is recovery?

Based on the procedure, recovery can be 2-6 weeks.