

The
Guide
to Body
Contouring

Dr. Vincent Zubowicz

Introduction to Dr. Zubowicz



Dr. Vincent Zubowicz brings 35 years of experience offering high quality and innovative care to patients in the Atlanta area. He is a leading plastic and reconstructive surgeon known for precise and artistic work that produces the results desired by his patients. He specializes in body contouring procedures, including abdominoplasty, fat transfer, and liposuction.

Dr. Zubowicz operates at the Emory Aesthetic Center (EAC) in Buckhead. During his prestigious career, he has gained the respect of fellow medical professionals for his outstanding commitment to continued education, membership in many professional organizations, and charity work.

Patients trust Dr. Zubowicz to not only produce beautiful results but also to focus on their overall health and quality of life. Dr. Zubowicz's experience, training, and dedication to continued medical advancements and state-of-the-art techniques position him as one of the Atlanta area's most highly acclaimed and sought-after plastic and reconstructive surgeons.

Message from Dr. Zubowicz

The purpose of aesthetic surgery is to help the patient gain confidence by improving the way they feel about their appearance. My job, as a plastic surgeon, is to understand what specific physical features bother each patient and then discuss the options available to create a realistic solution. This also involves candid discussions about convalescence, possible complications, and biologic as well as financial costs.

Once both the patient and I feel the procedure is the right fit to achieve the results the patient hopes for, we then proceed. My goal is always to do the highest quality work while clearly communicating with the patient about the realities of surgery.

My hope is you feel both heard and cared for as you proceed with body contouring surgery. Please feel free to ask questions throughout the process. I prioritize patient understanding of all aspects of surgery to ensure a positive experience. Thank you for your interest, and I look forward to helping you look and feel your best.

Sincerely,
Dr. Zubowicz

What is Body Contouring?

Body contouring is a category of cosmetic surgery that addresses excess skin or fat on the body. In addition, body contouring is the process to remove the excess fat or skin and reshape the body to meet the aesthetic goals for the patient. This category encompasses specific operations, including abdominoplasty, fat transfer, liposuction, and mommy makeover.



Body contouring involves the use of cosmetic procedures to change the shape of the body in an aesthetically favorable way. The various procedures may involve reducing volume, adding volume, or a combination of the two.

For example, a patient may desire an abdominoplasty or tummy tuck to address sagging from pregnancy, but also want to enhance the shape of the posterior with a Brazilian Butt Lift. Both procedures fall into the overarching category of body contouring.

Who is a Good Candidate for Body Contouring Surgery?

Cosmetic surgery is a personal choice for any patient. The goal with cosmetic surgery, from the surgeon's perspective, is to help patients achieve the look they want for their bodies based on realistic expectations and in consideration of their overall health. Any patient in good health with a true understanding of the procedure and expected outcomes is a good candidate for cosmetic surgery.

However, for specific body contouring procedures, we must weigh other factors to ensure the specific patient will benefit from the procedure. For example, if volume enhancement by fat grafting, like with a Brazilian Butt Lift, is desired, the patient must have adequate fat available elsewhere on their body for the procedure's success.





Each patient receives a free consultation to discuss their goals and options. Dr. Zubowicz aims to ensure the patient understands the procedures. Also, the consultation helps determine how specific procedures can meet the patient's goals and if they are a good candidate before moving forward with the process. The consultation creates the opportunity to gain a deeper understanding of each patient and offer the best options to give the patient the results they want.

What are the Procedures in the Body Contouring Playbook?

As we discussed, body contouring includes a variety of procedures to achieve the aesthetic goals the patient desires for their body.

- ✦ Liposuction (all varieties)
- ✦ Cool sculpting
- ✦ Fat grafting
- ✦ Surgical excision of skin and fat
- ✦ Placement of implants

The surgery may use a combination of procedures to achieve the desired results based on each patient's body, health, and goals.

What is an Abdominoplasty or Tummy Tuck?

An abdominoplasty is also known as a tummy tuck. Abdominoplasty aims to produce a flatter and smoother abdominal area. Unlike liposuction as a standalone, a tummy tuck removes excess skin and fat while also tightening the abdominal wall. The surgery requires an incision in the lower abdominal wall.

An abdominoplasty addresses three primary issues that contribute to abdominal wall prominence.

1. Excess abdominal skin
2. Excess abdominal fat
3. Laxity of the abdominal wall

In fact, women who have experienced pregnancy most commonly request tummy tucks. The stretching of the abdominal skin, especially from multiple pregnancies, impacts laxity. In addition, abdominoplasty works well for patients who have excess skin remaining after major weight loss or bariatric surgery.



How Much Does a Tummy Tuck Cost?

The cost of an uncomplicated abdominoplasty is around \$8,500. The cost may vary based on each patient's specific health history. Also, combining procedures impacts cost. For example, liposuction in conjunction with a tummy tuck alters the costs.

What is Abdominoplasty Recovery Like?

Of the body contour operations performed at EAC, abdominoplasty is the most physiologically significant. This means the surgery is more serious and requires a longer recovery than some other procedures. However, with the introduction of long-acting anesthetics injected into the abdominal wall, recovery is considerably easier than it was 10 years ago.

Even so, typically patients are up and moving around immediately after the operation. This is an outpatient procedure. Due to the impact of the anesthesia, plan for a caregiver to provide transportation home and support for 24 hours after surgery.

Most patients can return to a desk job in about a week, but jobs requiring physical labor will take longer to return. Aerobic exercise is permitted as soon as the sutures are removed, which is typically after one week. However, exercise should not cause discomfort. Take a gradual approach over a few weeks. Do not participate in exercises that target the abdominal wall muscles for at least six weeks and then gradually resume. After three months, you can resume full unrestricted exercise.

Reviews



"I interviewed 4 Doctor's before choosing Dr Zubowicz to do my needed tummy tuck and lipo. I loved that he was to the point and told me exactly how things would go. His staff was friendly and supportive. I LOVED the fact that he did not use drains on me. Homerun! I am now 3 weeks post-op and I'm only reminded that I had surgery when I cough, sneeze, or look in the mirror. I'm only saddened that it took me 8 years to get the nerve up. Wish I had done this sooner."



"My surgery experience was great, not as bad as I was expecting. My procedure took 4 hours and my recovery time was quick, and I went home the same day. Bearable pain and was moving around and functioning in a week. I am very pleased with the results and I continue to lose weight, my weight before the surgery was 197lbs and now currently I'm 180lbs and I worenjoy size 14 in clothing and I fit into a size 8 now love my new body!!!"

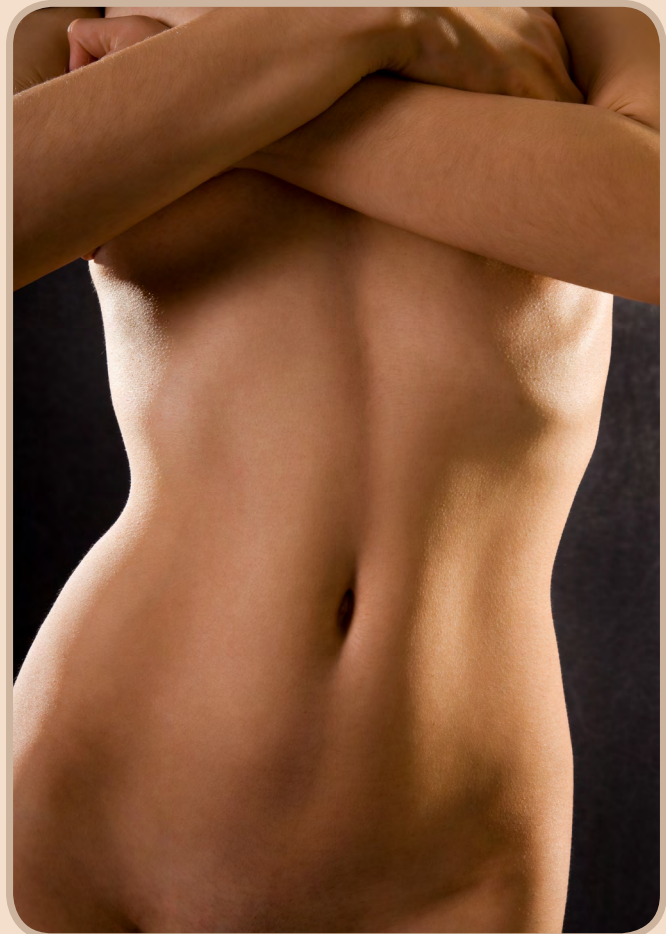
Before/After Photos



What is a Fat Transfer for Body Contouring?

Fat transfer is a minimally invasive procedure that harvests fat from one area of the patient's body then transfers the fat to a different area of the body. The goal of fat transfer is to augment a specific area of the body for aesthetic reasons.

During the procedure, liposuction occurs usually to the stomach, hips, or thighs. The fat is then prepared for injection into the predetermined area to enhance the fullness of that area. For example, patients often want more fullness in the breasts, face, or buttocks.



How much does a fat transfer cost?

The amount of fat transferred determines the cost. Most fat transfers do not require a general anesthetic which reduces the cost.

A Brazilian Butt Lift is the most expensive fat transfer procedure due to the volume of the fat used. This procedure usually costs around \$8,500 when performed under general anesthesia.

What is Fat Transfer Recovery Like?

Fat transfer recovery is one of the easier cosmetic surgery recovery processes. The areas of fat removal and injection experience soreness post-surgery. However, most patients are up and moving about immediately after surgery.

Most patients have a brief recovery from a fat transfer procedure. We recommend patients not work for one week to allow time to rest and allow bruising and swelling to reduce. Fat transfers also have fewer exercise restrictions. In fact, patients may exercise once it is comfortable.

Before & After Photos



What is Liposuction?

Liposuction is an effective cosmetic surgery with minimal recovery. In fact, liposuction is one of the safest and most productive plastic surgery procedures. During liposuction, fat occasionally is prepared for removal using either laser energy or ultrasonic energy. Then we use conventional liposuction to remove the fat. However, most liposuction uses only negative pressure removal. Thermal damage created by the laser or ultrasound for the majority of patients seldom produces benefits but increases risk. These modalities are reserved for special circumstances.

The goal of liposuction is to remove bulges or prominence in specific areas of the body. The best candidates for liposuction are usually thinner patients with isolated fat they want to remove to achieve specific aesthetic goals. Unfortunately, liposuction isn't as effective as a weight reduction surgery. As part of the consultation process, we set expectations for patients so that they receive a realistic view of the expected surgery outcomes.

There are non-surgical ways to reduce fat, including CoolSculpting. However, they are not nearly as efficient as liposuction. Since liposuction procedures have so few complications and a short recovery, liposuction is the most often recommended fat reducing procedure.

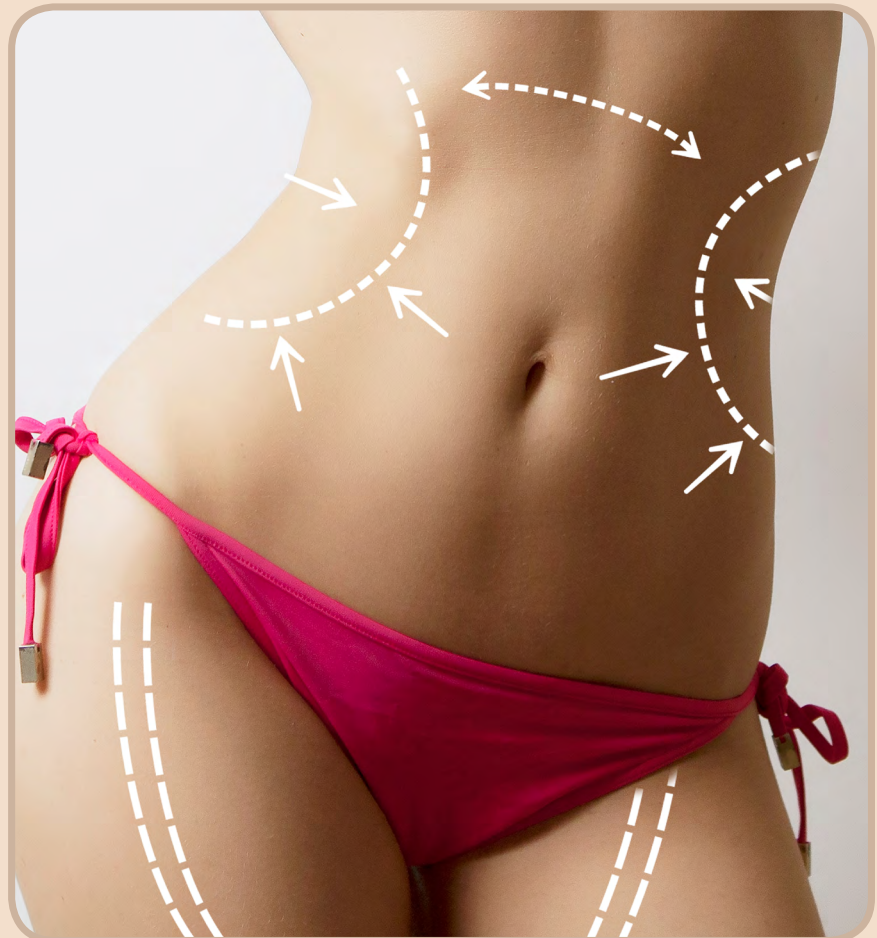
How Much Does Liposuction Cost?

The cost of liposuction depends on the area of the body treated. The cost is usually around \$1,500 per area with a discount for three or more areas treated. The charge is more for high BMI patients because of the greater amount of time required for the treatment of a given area.

What Liposuction Recovery Like?

The post-surgery discomfort varies depending on the area of the body and volume of fat removed. However, the recovery time is short. Most patients can return to work in one to two days.

Also, exercise is allowed once it is comfortable for the patient. For example, Dr. Zubowicz had liposuction of his waist and played golf the next day.



Reviews

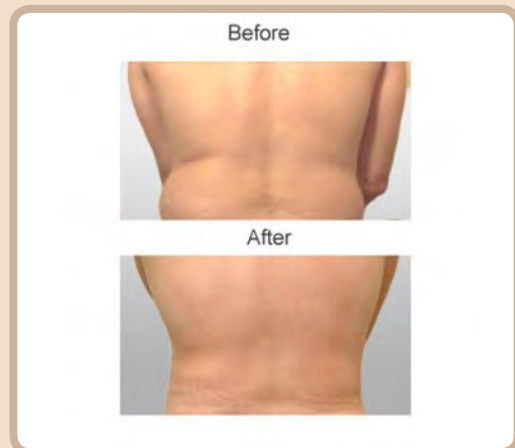


"This was my second area that I had Dr. Z do. I am very active and fairly healthy 34 y/o who just could not seem to get rid of the love handles or the pooch. I tried everything (except giving up drinking). Anyway. I went in about 5 years ago to have my love handles and lower abs done. It was amazing. The recovery was quick and I had NO pain. After a few weeks I could totally tell a difference. Now, don't be alarmed, people aren't going to really notice all that much but you will. Clothes will fit so much better and you will feel better. I actually think it's better keeping it my little secret.

This 2nd time around I had my upper abs done and a little more from the lower abs and I'm obsessed with the results. I had a touch more pain that lasted into the night of surgery but it just felt like a little pinching. Nothing major. I was back to work 2 days later.

Dr. Z and staff have always been so professional, kind and warm. I go there for everything now (facials, botox and they even sewed up my ear when my earring ripped through). I really appreciate how honest Dr. Z has been. I had asked about another area I was thinking about and he assured me I would not see any results from it and it would be a waste. Many other doctors would have just operated anyway. I will continue to go back to Dr. Z for any future plastic surgery needs I may want/need."

Before/After Photos



Videos with Dr. Zubowicz on Body Contouring Procedures



Why Choose Dr. Zubowicz as your Plastic Surgeon for Body Contouring Procedures

Dr. Zubowicz has the knowledge, training, and experience to perform successful body contouring procedures. For example, he understands that body contouring seldom requires a general anesthetic. Instead, he has performed procedures on hundreds of patients with oral sedation and tumescent anesthesia.

Body contouring procedures are extremely safe and achieve excellent results. Trust your health and aesthetic goals to the experience of Dr. Zubowicz. He prioritizes patient communication and overall health for each patient.



Schedule a Consultation with Dr. Zubowicz for Body Contouring

Schedule a free consultation to discuss your interest in body contouring procedures. Dr. Zubowicz wants each patient to understand all aspects of the procedure before you decide to move forward. Start your journey to the body of your dreams by scheduling a consultation.





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