

“OUR BODY OF WORK SPEAKS FOR ITSELF”

The Beginning of Great Things...

“One of the most common things I hear my patients tell me is that they want to look as good on the outside as they feel on the inside,” comments Dr John LoMonaco, a double board certified plastic surgeon who trained at and now works near the Texas Medical Center. “Many have been pregnant and are enjoying their children, but wish they could regain a more youthful figure,” he says. “Others have lost a tremendous amount of weight, sometimes through weight loss surgery. I think these patients are the most challenging to treat, but also the most rewarding. I feel that plastic surgery can help match the health benefits of the weight loss surgery with a psychological benefit, too.”

“Obesity accounts for more than 300,000 premature deaths each year in the U.S., second only to tobacco-related deaths,” according to a report released by the Centers for Disease Control. Statistics also showed that in the year 2000 alone, the number of adults considered morbidly obese jumped to nearly five million.

In addition to decreasing quality of life and increasing the risk of premature death, obesity is responsible for an estimated \$117 billion in direct and indirect medical costs, according to The National Institute of Health.

“I’ve found that the best candidates for breast and body sculpting have a clear idea of what they want to look like, even before surgery. This actually helps me immensely, because it allows me to focus on each patient’s problem areas, and give them a clear idea of what their results will be.” The thought process is not foreign to Dr LoMonaco, who spent time studying art history and sculpture in Florence, Italy, as an undergraduate. “Tummy tuck and liposuction really are sculpting procedures. Material is taken away to reveal a new shape. Of course, it helps to be able to mentally see that new shape before you begin the work.”

About Your Safety and Comfort...

Tummy tuck is a remarkable procedure that can correct in one operation many of the things patients complain of: loose skin, excess fat and a bulging abdomen. The procedure is combined with liposuction to fine tune the result. “This allows me to also address areas like the hips and back for a more balanced result,” says Dr LoMonaco. “I want my patients to understand what causes their body to look a certain way, so they can understand and choose the best treatment that will meet their goals. Combining the procedures is safe, and is the standard approach to body contouring today,” comments Dr LoMonaco, who spent two years as an assistant professor of surgery at the University of Texas Health Science Center Houston. “Patient safety is my paramount concern, so my choice is often to do the procedure in the hospital with an overnight stay. That way, the nurses, anesthesiologist and I can attend much more completely to our patient’s needs the first 24 hours after surgery.”

A major advance in pain control has been achieved with the new “On-Q” pain pump system. Tiny tubes inserted at the time of surgery deliver numbing medication directly to the site of surgery. “This has been a big plus for my practice, and can decrease the amount of pain pills and narcotics a patient requires,” notes Dr LoMonaco.

Short-Scar Breast Lift...

Dr LoMonaco notes, “I will often find my patients inquiring about breast surgery at the same time as the abdominal procedure.” This makes sense, according to Dr LoMonaco. “Large or sagging breasts detract from the waist and hips, making the person seem shorter and heavier in the waist.” Large breast size may also cause problems with neck, back and shoulder pain, according to Dr LoMonaco. “I have been very pleased with the results from the short-scar breast lift,” says Dr LoMonaco. “It is a very versatile procedure. The breasts are uplifted

and usually reduced in size. But if the patient desires a larger size, an implant may also be used.”

Dr LoMonaco prefers to spend an unhurried and relaxed consultation with each patient. “This is a big decision. I owe each patient a full explanation of the up and down sides to the procedures. This allows them to be in control of the decision-making, and makes the surgery and recovery more predictable for them. And when patients achieve their expected results, we both win,” concludes Dr LoMonaco.

An Uplifting Experience...

Patients who have lost a large amount of weight may develop loose skin of the abdomen, waist, thighs, and buttocks. “This is not correctable by liposuction alone, or even traditional lifting techniques,” says Dr LoMonaco. These changes often seen in patients who have had a large weight loss or have undergone bariatric surgery.

These changes can be treated all at once by an advanced technique called a lower body lift.

“The procedure is remarkable in that it allows me to perform a tummy tuck along with the thigh and buttock lifts, so the final result is more balanced,” says Dr LoMonaco.

One exciting new development is the transfer of the patients own fat from the hips down into the buttocks. Dr LoMonaco creates a “flap” of the patient’s own tissue that is used to fill out the buttocks. “Fat moved in this manner remains within the body and is never deprived of its blood supply. This is a permanent tissue transfer that offers a long lasting result, unlike micro fat injections which need to be repeated to maintain the result,” says Dr LoMonaco.

A lower body lift is done in the hospital with arrangements for an overnight stay. “This is certainly an involved procedure that produces major improvements in multiple areas of the body. We want the recovery as safe and comfortable as possible,” adds Dr LoMonaco.

Be Smart About Looking Good...

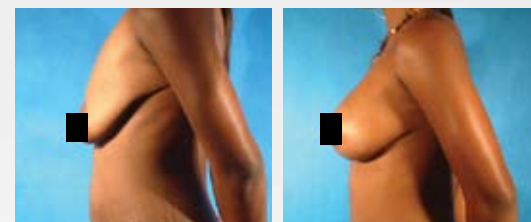
Dr LoMonaco’s final thoughts are, “In my opinion, the most important decision you can make when considering plastic surgery is to choose a surgeon certified by the American Board of Plastic Surgery.”

“Doctors who are certified by the American Board of Plastic Surgery have specifically trained for the specialty of plastic surgery. They undergo training at only accredited institutions, and then undergo rigorous oral and written examinations.”

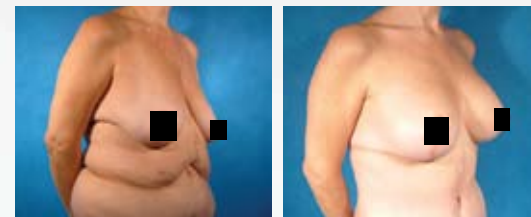
A list of Texas surgeons who are board-certified in plastic surgery can be found at www.ABMS.org.



Dr John LoMonaco is certified by the American Board of Plastic Surgery and the American Board of Surgery. He is a graduate of the University of Texas Health Science Center in Houston and trained at the Texas Medical Center. He spent two years as assistant professor of plastic surgery at Memorial Hermann Hospital and as director of the plastic surgery service at LBJ Hospital. He is currently in private practice, and his main interests are in breast and body contouring surgery.



BEFORE AND AFTER SHORT SCAR BREAST LIFT PLUS IMPLANTS BY DR LOMONACO



WEIGHT LOSS PATIENT BEFORE AND AFTER BREAST LIFT WITH IMPLANTS AND LOWER BODY LIFT BY DR LOMONACO.



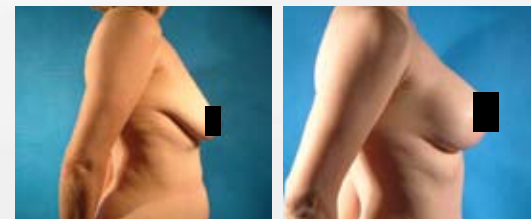
WEIGHT LOSS PATIENT WHO UNDERWENT A LOWER BODY LIFT THAT INCLUDED BUTTOCK AUTOAUGMENTATION USING HER OWN TISSUE. (SAME PATIENT AS ABOVE)



BEFORE AND AFTER TUMMY TUCK BY DR LOMONACO



BEFORE AND AFTER TUMMY TUCK AND THIGH LIFT BY DR LOMONACO. THE THIGH LIFT DRAMATICALLY IMPROVES SKIN TEXTURE OF THE THIGHS.



BEFORE AND AFTER SHORT SCAR BREAST LIFT PLUS IMPLANTS AND TUMMY TUCK BY DR LOMONACO. COMBINED PROCEDURES CAN SAFELY BE ACCOMPLISHED IN ONE OPERATION IN THE APPROPRIATE SETTING.

ACTUAL PATIENT

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