

# Shape-Up Surgeries

If you have made drastic lifestyle adjustments to lose weight, you probably want your dedication and hard work to show. Bay Medical offers a full complement of body contouring surgeries to assist individuals in reaching their preferred body shape.

## PLASTIC SURGERY CANDIDATES

who have lost weight drastically from bariatric procedures often are left with excess amounts of skin. Once their weight stabilizes, body contouring can be performed at Bay Medical to remove the loose skin.

“Our procedures are not for the purpose of weight loss,” says Adil Ceydeli, M.D., MS, plastic surgeon on staff at Bay Medical. “Body contouring is for people who have worked hard to change their lifestyle, whether through weight-loss surgeries such as a gastric bypass procedure or consistent exercise and a healthy diet. We often do abdominal surgery to put stretched muscles back into place as well as lift the buttocks.”

Additionally, a patient’s own tissue is used to augment the buttocks so they won’t sag and flatten, and tissue in the thighs is tightened to remove skin and anchor it back to the groin area.

## Help for Everyone

Good candidates for body contouring surgeries are not necessarily obese. For people who simply can’t lose weight in certain areas, procedures such as liposuction could be their best options.

“Some people are pear-shaped no matter how much they exercise,” Dr. Ceydeli says. “In those cases, we generally use liposuction to remove the fat that lingers. Also, some women lose muscle tone after pregnancy—we can remove excess skin and fat and tighten muscles that have stretched in the abdomen. People work hard to get and remain healthy. Through body contouring procedures, we can help them achieve the look they desire.”

For more information on Bay Medical surgeons who perform these procedures, call (850) 747-6100.



Adil Ceydeli, M.D.

Plastic and  
Reconstructive  
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Adil Ceydeli, M.D.

Raymond A. Mockler, M.D.

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## THE IMPORTANCE OF EXERCISE

While plastic surgery can help you achieve the results you want, it shouldn’t be seen as a quick fix or weight-loss solution. Patients do best if they have a regular exercise routine in place before surgeries and maintain it after they heal from their procedures.

“I wouldn’t do any procedure unless a patient has stabilized his or her weight,” says Adil Ceydeli, M.D., MS, plastic surgeon on staff at Bay Medical. “If a candidate has been exercising for several months and nothing is changing in his or her shape, then he or she is probably a good candidate for surgery that will provide long-lasting results.”