

IN

An INCOMMUNITY Magazine

Great Valley

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GO WilMa!

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Our Community's Summer Pastime**

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Summer is Just Around the Corner

Your guide to achieving your post-pregnancy body image.

There is nothing more rewarding than bringing a child into the world, but sometimes along with that reward comes a body we weren't prepared for. While exercise and dieting can tighten and tone, sometimes this stubborn belly fat and muscle separation can only be improved by plastic surgery.


Consider a tummy tuck to achieve your optimal goal. It is important to have realistic expectations, and this is something you will review with your surgeon during your consultation. The tummy

tuck, or abdominoplasty procedure, can help remove those abdominal stretch marks and excess skin. The combined liposuction can address the stubborn fat which can be resistant to dieting and exercise. An added benefit of the tummy tuck procedure can be the tightening of the abdominal muscles which can become stretched out during pregnancy and may result in an abdominal bulge. The newest surgical techniques enable patients to enjoy the benefits of abdominoplasty without the need for post-operative drains. The recovery from surgery is varied and may be dependent on your activity level prior to surgery. Most patients return to regular activity within two weeks and full activity within one month.


Liposuction offers a minimally invasive option which can remove fat permanently in areas that cannot be affected by diet or exercise. Liposuction also offers the added benefit of skin tightening. This procedure usually takes between a half-hour and an hour and can be done under either local or general anesthesia. Patients may experience some post-operative swelling, but this usually resolves within a month.

Non-surgical options for body sculpting are also available with the CoolSculpting® fat-freezing technique. This treatment can reduce those tough-to-treat areas in the hips or abdomen in patients where surgery would otherwise not be an option. The CoolSculpting® procedure is the only non-invasive procedure that uses advanced cooling technology to gently and effectively target and eliminate fat in specific areas of a patient's body through a proprietary technology called Cryolipolysis®. This procedure involves no incisions and no anesthesia and reduces the fat layer without harming the skin or other tissues.

The most important decision you will make once you have decided to take on surgery is selecting your surgeon. The well informed patient will often choose a surgeon who is board certified in plastic surgery. This will ensure that your surgeon has been extensively trained, has undergone a peer review examination and been certified by the American Board of Plastic Surgery. Another important aspect of qualification is the Maintenance of Certification (MOC) for continued medical education. MOC is offered by both the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery. This ensures that the surgeon participates in ongoing education to remain current and up-to-date in aesthetic plastic surgery procedures.



Come See What the Buzz is all About!






COME MEET THE SURGEONS

Open House

March 12, 2015
5pm - 7pm


R.S.V.P. with Debbie at 610-527-4833 or by email at Debbie@nooneinstitute.com

- Main Line Lift
- Drain-Free Abdominoplasty
- Breast Augmentation – See the new shaped implants
- Facelift – Suture suspension Malarplasty
- Dysport®, Botox® and Restylane Silk® demonstrations
- Get Ready for Summer with non-surgical CoolSculpting® body contouring
- Light Refreshments will be served

ABMS Maintenance of Certification®
American Board of Plastic Surgery

Certification Matters



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