

Body Contouring: Get the

Presented By
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Joyesh Raj, M.D., is Chief of Plastic Surgery at Fairview Hospital. Dr. Raj believes that surgery critical to both body function and appearance make quality communication with patients and referring physicians crucial. Dr. Raj takes pride in being able to get to the heart of his patients; needs and goals. His approach is consultive while never pushing a patient toward an unnecessary procedure. All treatment options and aspects of surgery are thoroughly explained so the patient may choose the right direction, with reasonable expectations.

If you have high standards for your appearance, you're not alone. If you are looking to achieve your "personal best" you may consider body-contouring surgery. So much of one's self-confidence depends on how one feels about their body image and how one projects themselves to the world. Joyesh Raj, M.D., Chief of Plastic Surgery at Fairview Hospital believes body contouring can reshape and redefine one's body. "Some people respond very well to diet and exercise alone. But others

don't achieve their goals with those measures. That's where we, as plastic surgeons, can help."

Body recontouring combines the most dramatic cosmetic procedures to give you a body makeover that not only gives you a more youthful, attractive contour, but achieves a look that diet and exercise alone cannot achieve.

Men and women who have struggled with specific body areas for years find the investment in body enhancement to be well worth while. All patients' bodies are different, ideal proportions may vary greatly from one person to another. The goal of body contouring is to enhance your unique body type.

When choosing a surgeon it is important to look for a plastic surgeon certified by the American Board of Plastic Surgery. Plastic Surgeons are skilled surgeons who understand the high amount of personalization that goes into each body makeover combining years of training and experience with highly developed artistic skills to refine and shape areas of the body that have typically caused frustration. Most body contouring procedures will focus on the breasts, stomach, or tummy. Combining procedures can offer dramatic body enhancement.

Liposuction

Liposuction is one of the most popular body contouring procedures. Dr. Raj said, "Many types of liposuction are available, but they all basically try to reduce the volume of fat between the skin and muscles." In the standard and most successful liposuction procedure the doctor inserts a thin instrument called a cannula into the body to remove the unwanted fat.

Some of the more common sites for liposuction include: abdomen, waist, neck, arms, buttocks, thighs (or saddle bags), legs, and ankles.

There is much interest today in liposuction that is laser assisted



Female pre-tummy tuck surgery



Female post-tummy tuck surgery



Female pre-liposuction and tummy tuck



Female post-liposuction and tummy tuck

Skinny on Treatment Options!



Male pre-tummy tuck after weight loss



Male post-tummy tuck after weight loss

reposition the volume and restore skin elasticity returning the breast to a more youthful position and shape, Dr. Raj explained.

Tummy Tuck

Abdominoplasty, or “tummy tuck,” is a popular procedure and provides great satisfaction to both male and female patients due to the dramatic improvement in how one looks and feels in their clothes. One’s body image is greatly improved when the excess skin or “pot belly” is no longer an issue. The incisions can be designed so that scars are easily covered by underwear and two piece bathing suits. The tummy tuck is a procedure that removes excess skin and “tightens the

internal muscles with stitches, like an internal girdle,” according to Dr. Raj.

A tummy tuck is often combined with liposuction to gain the maximum benefits of body contouring when one has excess fat in the upper and lower abdomen and flank area. The liposuction removes the fat that has been resistant to exercise and diet.

A tummy tuck is also the resolution to excess skin that remains after excessive weight loss dramatically impacting the overall well being and self-confidence for those who have made the tremendous commitment to change their life through surgical intervention to lose weight.

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and other minimally invasive liposuction procedures.

Breast Contouring

“Many women choose to reduce or enlarge the shape of their breasts through cosmetic surgery. Women are often motivated to change their breasts after childbirth to regain a more youthful appearance. Breast augmentation, breast lift or, perhaps, a breast reduction may help accomplish the desired goals. Often, when specific criteria are met, breast reduction surgery may be covered by medical insurance.” Dr. Raj said.

Breast Augmentation surgery can enlarge one’s breasts to provide a more proportional body or to reshape and enlarge the breasts because they have lost shape and

volume due to pregnancy and breastfeeding. Most important, according to Dr. Raj, is that the patient have a good understanding about their personal goals and desired expectations. It is important that one feels comfortable talking about their goals and expectations to the plastic surgeon so, together, a decision can be made about the most appropriate choices be it, silicone or saline implants and the size that will help the patient meet their expected goal. The FDA has approved silicone implants as a safe alternative to saline implants for breast augmentation. Silicone implants provide a more natural looking and feeling breast.

A breast lift, or mastopexy, may be necessary with or without breast augmentation to lift the breast,



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Cosmetic Surgery by Joyesh Raj, M.D.

When considering cosmetic surgery, you want a doctor who has the expertise and training in the latest technology, but also a doctor who can make you feel totally confident. Dr. Raj offers an educational and consultative approach to cosmetic surgery, providing you the opportunity to select a procedure that best fits your cosmetic goals.

- **Facial Surgery** including nose reshaping and face, neck and brow lifts.
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