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Princeton Center For Plastic Surgery

Body contouring takes time for benefits to show

The weather outside may be frightful, but it shouldn't stop those interested in getting ready for summer swimsuit weather from visiting the body contouring experts at Princeton Center for Plastic Surgery.

Many body contouring options are relatively simple, yet require a few months for their full benefits to blossom. Those planning to sport more revealing active wear in June need to see Thomas Leach, M.D., a board certified plastic surgeon and founder of The Princeton Center for Plastic Surgery — now.

"By May or June it's too late for summer," Dr. Leach noted. "Patients interested in liposuction, a tummy tuck, or breast enhancements can see great results by summer if they come in to see us soon."

Liposuction is ideal for the healthy patient, at about the right weight, who has a few "problem" areas which aren't reacting to diet or exercise. These areas are typically the abdomen, flanks, and legs. Liposuction body sculpting is the removal of fat deposits from beneath the skin using a vacuum-like device. It has a fairly quick recovery time, making it an attractive option.

"Patients having surgery on

Thursday or Friday are back to work on Monday," Dr. Leach explained. "You can't work out for a few weeks afterwards, and you need to wear constrictive garments for three to six weeks. But you begin to see results in about two weeks. And those results continue to show — at about the two-month mark, you'll see fairly dramatic results."

Patients seeking a flatter stomach because of dramatic weight loss, child bearing, lack of exercise, and the effects of aging often opt for a tummy tuck. This more extensive procedure tightens the abdominal muscles and removes excess skin. Patients are out of work approximately two weeks; must wear constrictive clothing for at least three weeks; and need to wait six to eight weeks before returning to the gym. The results, however, are impressive.

"A tummy tuck isn't just for women," Dr. Leach added, "I've achieved very positive results with men, too."

Women who have lost volume in their breasts thanks to gravity, pregnancy, and nursing come to Dr. Leach for help. He performs breast lifts to restore volume, and raise and reshape sagging breasts. This can involve refilling the skin envelope, tightening the skin or both. In some cases, breast enlargement techniques are incorporated to enhance breast size.



Dr. Thomas A. Leach

Every patient is different, and requires personal attention for individualized treatment. Those seeking a better body for summer are urged to contact Dr. Leach now for an evaluation. Most patients have a lot to lose which, in this case, is a good thing.

Princeton Center for Plastic Surgery offers a full range of body contouring and rejuvenation services, from skin care to minimally invasive procedures to major plastic surgeries. Most operations are performed at an ambulatory surgical facility in the same building as the office. This accredited facility is staffed by Board Certified anesthesiologists and offers a safe, comfortable, and private setting for patients.

Princeton Center for Plastic Surgery, 932 State Road, Princeton. 609-921-7161. Fax: 609-921-6263. www.princetonosurgery.com

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