

Division of Plastic Surgery

REFERRAL GUIDELINES for Body Contouring Patients

I. Post-Gastric Bypass and Massive Weight Loss Patients

Massive weight loss creates a new set of problems, no matter whether the weight loss is accomplished through lifestyle programs or gastric bypass. The weight loss may cause hanging skin that becomes irritated by skin rubbing on skin, such as the abdominal pannus. The gastric bypass surgery may be complicated by an abdominal hernia. Functionally enlarged breasts may still be present, even after weight loss. Prior approval is required for coverage of surgery by most commercial insurance carriers, as well as Medicaid and Medicare.

Reconstructive plastic surgery procedures for massive weight loss, which usually are covered by 3rd party carriers include:

- Breast reduction, for functional reasons
- Panniculectomy, for functional reasons
- Repair of abdominal hernias

Prior to referral, a patient should achieve:

- Body weight which is within 25% of ideal body weight
- Documented weight management program with stable weight for one year
- Stopping nicotine products

II. Cosmetic Body Contouring Patients

Cosmetic body contouring procedures are done to remove or tighten excess skin, or to reduce areas of fatty deposits. These are shaping procedures which are only done for improvement of appearance. It is important for a patient to be actively involved in a healthy lifestyle program of good eating and exercise. Significant weight problems should be addressed before any surgery, so that the result of the surgery will be satisfactory.

A list of fees for surgery is available for individual procedures. All procedures are done on an out-patient basis, unless an overnight stay is required for extensive liposuction, long surgical procedures, or post-operative nausea and other anesthetic problems.

Cosmetic plastic surgery procedures which are *not* covered by insurance include:

- Breast shaping, Mastopexy, or breast enlargement
- Liposuction of the arms, legs, and trunk
- Belt lipectomy
- Brachioplasty (arms)
- Thigh-plasty

- Facelift and necklift

Prior to referral, a patient should achieve:

- Body weight which is within 20% of ideal body weight
- Stable weight for one year
- Routine exercise program
- Stopping nicotine products