





Shaking off the winter cobwebs:

Surgical options you can do now to get your body ready for summer

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As the winter months begin to fade, most of us look forward to the onset of a warmer spring and summer. Trading sweaters for bikinis can seem daunting when toting around a few extra holiday pounds. As a board certified plastic surgeon, I think that one of the optimal times for plastic surgery patients to have breast augmentation, tummy tucks, liposuction, and mommy makeovers is in the late winter and early spring. I recommend that patients begin this process with a consultation as early in the year as possible so that they can have surgery and be fully recovered by swimsuit season. Most patients will be thrilled to learn that a few easy surgical procedures can enhance their look for summer and beyond much faster than months of sweat and tears in the gym. I always say that plastic surgery is really best for fixing things that your trainer can't — such as loose muscles after pregnancy to loose skin, stubborn fat areas, and breast size and volume. A little time in the operating room can really change both the way you look and how you feel about yourself. This enhancement, both physical and psychological, is really the perfect combination for shaking off those winter cobwebs and getting ready to strap on that first swimsuit of the season.

Starting around early February, I notice an increase in the number of new consultations at both our Round Rock and Austin locations. Most patients want to be fully recovered by summer so they can flaunt their new physiques, so an early consultation is essential as our schedule gets very busy by spring break and beyond. This is typical for most of the top plastic surgeons in our area, as our specialty is quite seasonal with spikes in patients seeking procedures around holiday months and in the late winter/spring.

One tip to getting more out of your surgical experience is that many procedures, such as a tummy tuck or breast enhancement, can be combined to save time during recovery. This combination is oftentimes called a "Mommy Makeover." By combining procedures, patients only have to recover once, as opposed to two separate times. This lets you really pack results into a typical 1-2 week recovery and jump start the healing process rather than stage the operations over months

or years. Shorter combination surgeries lasting less than six hours are considered to be safe and effective for most healthy patients.

Simpler procedures like breast augmentation are a late winter/spring favorite at Synergy Plastic Surgery. We do hundreds of breast procedures each year and breast implants top the list in my practice and nationwide as the most common cosmetic surgery procedure. The operation takes less than an hour and most patients can comfortably return to a desk job in only 3-4 days. With new 5th generation silicone implants now available, our results are better than ever giving patients a much more natural look and feel. Our patients love the volume implants add to their breasts, and how they look in that new bikini or summer dress in our warm climate. Breast implants, however, do take time to drop and soften so to get ready for summer I would recommend at least 2-4 months to be swimsuit ready.

Liposuction is a summer body favorite, as well. There is really no better way to quickly erase those winter pounds than a quick hour liposuction to contour problem areas and battle the bulge. During the procedure, we safely remove unwanted fat from targeted areas. The downtime is minimal and, while you will be swollen and a bit sore, returning to work is easily done in a few days. Compression garments need to be worn for a month and it can take several weeks for swelling and bruising to subside. Final results in liposuction take several months so planning ahead is important to be ready for the beach by summer.

It is important to me that my patients understand how committed we are to providing them with a good experience. For those who want that perfect beach body, now is a great time to come and visit us. Together, we can achieve fantastic results that you will be able to enjoy during those hot summer months which are right around the corner.

Visit Dr. Kerr at **SynergyPlasticSurgery.com** to learn more or call 512.244.1444 to schedule a consultation.

