

# PLASTIC AND RECONSTRUCTIVE SURGERY FOR THE BODY

## *Penn Highlands Plastic, Reconstructive and Cosmetic Surgery*

### VASER LIPOSUCTION

Ultrasound assisted liposuction, like traditional liposuction, isn't a weight control method or a fix for obesity. It is used to help contour your body in those areas that are not responsive to diet and exercise such as saddlebags or a paunchy stomach. Also like traditional liposuction, ultrasound assisted liposuction is most often used to reduce fullness in your: abdomen, ankles, arms, buttocks, cheeks, chin, hips, knees, neck, thighs, upper arms and waist.

### TUMMY TUCK

Tummy tuck surgery removes excess fat and skin and, in most cases, restores weakened or separated muscles creating an abdominal profile that is smoother and firmer. A flat and well-toned abdomen is something many of us strive for through exercise and weight control. Sometimes these methods cannot achieve our goals. Even individuals of otherwise normal body weight and proportion can develop an abdomen that protrudes or is loose and sagging. The most common causes of this include: aging, heredity, pregnancy, prior surgery and significant fluctuations in weight.

### THIGH LIFT

Thigh lift surgery reshapes the thighs by reducing excess skin, and in some cases fat, resulting in smoother skin and better-proportioned contours of the thighs and lower body. If fitness and weight loss efforts have not achieved your goals for a body that is firmer, more youthful-looking and more proportionate to your overall body image, a surgical lift may be right for you.

### ARM LIFT

An arm lift is a surgical procedure that: reduces excess sagging skin that droops downward; tightens and smoothes the underlying supportive tissue that defines the shape of the upper arm; reduces localized pockets of fat in the upper arm region; fluctuations in weight, growing older, and heredity can cause your upper arms to have a drooping, sagging appearance. This is a condition that cannot be corrected through exercise. Arm lift surgery may be right for you if the underside of your upper arms are sagging or appear loose and full due to excess skin and fat.

[www.phhealthcare.org/rice-plastics](http://www.phhealthcare.org/rice-plastics)



### RYAN RICE, MD, FACS

*Double Board-Certified Plastic and Reconstructive Surgeon*

### PENN HIGHLANDS PLASTIC, RECONSTRUCTIVE AND COSMETIC SURGERY

*A Service of Penn Highlands DuBois*

90 Beaver Drive, Suite 215D, DuBois, PA

Moshannon Valley Community Medical Building  
271 Railroad Street, Philipsburg, PA

Medical Office Building, Suite 140  
761 Johnsonburg Road, St. Marys, PA

**814-503-8368 phone**

**814-503-8562 fax**

*For appointments, no physician referral is needed.*

*Affordable payment options are available.*

*Accepting major insurances.*

