

## Plastic Surgery following Massive Weight Loss

We hope that the following information will be useful for Kaiser patients who are considering plastic surgery following massive weight loss.

Within the Kaiser Permanente Northern California Region, plastic surgery on patients who have experienced massive weight loss **is not considered a covered benefit under your Kaiser plan.** Only rarely is such a procedure considered medically indicated. One example is the patient who has a panniculus (apron of skin) that extends to the knees. A skin rash or irritation is *not* an indication for surgery.

Following significant weight loss, many patients experience redundant folds of skin throughout the body. Various plastic surgery procedures are designed to address the problem of excess skin following weight loss. These procedures include abdominoplasty (tummy tuck/panniculectomy/body lift/ belt lipectomy), breast augmentation (breast implants) or mastopexy (breast lift), brachioplasty (arm skin removal), rhytidectomy (facelift), thigh lift, and others. These procedures are commonly done on a fee-for-service basis. Again, only in rarest case is an abdominoplasty considered to be medically indicated, and covered under your Kaiser plan. Breast, arm, face, and leg procedures are not medically indicated within the Kaiser plan.

We do recommend that all patients who have had bariatric surgery within Kaiser have an updated evaluation with their bariatric surgeon to discuss the optimal timing for your elective plastic surgery procedures. We will work closely with your bariatric surgeon to determine what is best for you.

Patients who are interested in fee-for-service procedures are free to choose their own provider, either within or outside of Kaiser Permanente. Cosmetic Services at Kaiser – Santa Rosa is currently accepting fee-for-service patients. (Other sites include: Richmond, Sacramento, San Francisco, Santa Clara, Union City, and Vallejo. At Kaiser – Santa Rosa, our consultation fee is \$100.00, which may be applied to your surgical fees, should you decide to proceed and have surgery with us. If you are interested in scheduling a consultation, please call 707-566-5288 (LOOK-AT-U).

For further information, may we suggest that you visit our web sites, our Kaiser Home Pages, as well as that of the American Society of Plastic Surgeons, Inc.: [www.plasticsurgery.org](http://www.plasticsurgery.org).

Yours truly,

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Plastic Surgery Department

<http://www.permanente.net/kaiser/pages/d2299-top.html>

Cosmetic Services

<http://lookatu.biz>

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