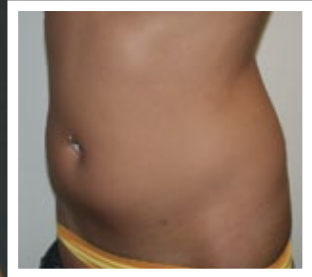


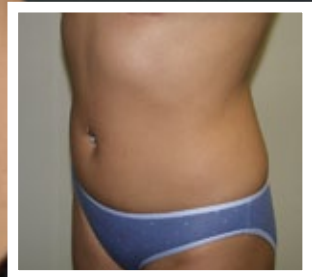
CASE STUDY **1**

NAME: R.M.*
AGE: 37
PROCEDURE: Abdomen, Flank and Lower Back Liposuction
PERFORMED BY: Dr. Jerome Edelstein, MD, FRCSC

BEFORE



AFTER



ELEVATE: Why did you decide to undergo liposuction?

R.M.: I wanted to feel more comfortable in the clothes I wore, and was tired of the love handles or ‘flanks’ I couldn’t get rid of. I was bored with constantly wearing baggy clothes and since dietary changes and exercise changes weren’t helping, I decided to look for help elsewhere.

ELEVATE: How did you choose Dr. Edelstein as your surgeon?

R.M.: I did a thorough search online and read many issues of Elevate to bring myself up to speed on the doctors in Toronto. When I compared photos of other surgeons’ work to Dr. Edelstein’s, I knew I’d found my doctor. Meeting with him just confirmed my instincts. He was easy to talk to, made me feel comfortable right away and was very focused on making sure that I was happy, from my initial consultation to the final result.

ELEVATE: What was your recovery like?

R.M.: I didn’t feel any pain after the surgery, which was a pleasant surprise. After a day or two, I noticed some bruising, but it was minimal and went away after a week or so.

ELEVATE: How has the procedure impacted your life?

R.M.: I’ve never felt better about the way I look. My self-esteem has soared and I feel so much more confident about the way clothes fit me now. The entire experience was so great that I’ve gone back to deal with some skin-care issues I’ve always struggled with, and I couldn’t be happier with the results so far. I would recommend Dr. Edelstein to anyone, and actually already have, to many people in my social circle.

Ask the Doctor

Dr. Jerome Edelstein, MD, FRCSC
Humber River Regional Hospital, Toronto,
plastic-surgery.yourmd.com

ELEVATE: Can you explain why these procedures were recommended to this patient?

DR. EDELSTEIN: R.M. had spent many years frustrated with her midsection. She’d dieted and exercised in attempts to reduce the area’s size without success, so when she came to my office looking for help, we discussed her goals. I proposed liposuctioning her abdomen, love handles and lower back to give her the look she was trying to achieve, and at that point she decided to move forward with the procedure.

ELEVATE: In general who is a good candidate for these procedures?

DR. EDELSTEIN: People in good health and who are at a healthy weight with firm, elastic skin are ideal. Someone with less taut skin can still be a good candidate, but they need to be aware that because their skin is not as elastic, they likely won’t have the same results as a younger person. It’s also helpful

if they come into this procedure knowing liposuction won’t dramatically change their bodies, though it will absolutely improve the look of certain areas.

ELEVATE: What can patients expect post-procedure?

DR. EDELSTEIN: It’s normal for patients to experience light bruising and some numbness following liposuction, but it’s short-lived and will usually subside within one to two weeks. Patients are advised to start walking around a few hours after surgery to prevent blood clots, and most can return to an office-type job after one to two days. As for results, I tell patients they can notice them immediately after surgery, but the biggest improvements appear after four to six months, once the swelling has really receded.

ELEVATE: What is the average cost of these procedures?

DR. EDELSTEIN: The range usually falls between \$3,000 and \$8,000, but the cost varies by person, their body composition, goals and how much effort is required during surgery.

**Patient name has been changed.*

CASE STUDY

2

NAME: Michelle.*
AGE: 43
PROCEDURE: Tummy Tuck and Thigh Liposuction
PERFORMED BY: Dr. Tim Sproule, MD, FRCSC

ELEVATE: What prompted you to have these procedures done?

MICHELLE: I have three kids, the last of which was born when I was 38. My body didn't bounce back the way it had with my first two children and even with regular dieting and exercise, my stomach continued to droop. I'd resigned myself to live with it, but when my grandmother passed away last year and left me money in her will, she made a specific mention that I should spend it on myself. I'm not the type of person who is into self-pampering – I've never even had a pedicure – and she knew that, so despite the fact that I normally put extra money towards my kids or house, that's when I seriously began considering surgery.

ELEVATE: What made you choose Dr. Sproule as your surgeon?

MICHELLE: My research, mostly, though I did have someone recommend him to me a few years ago, about a year after I'd had my last child and was complaining about my sagging stomach. I kept the card she

gave me but thought nothing of it until I interviewed three other doctors and still wasn't satisfied. When I did meet with Dr. Sproule, I felt immediately at ease. He's incredibly warm, kind and the fact that he travels to third world countries to offer his services for free says a lot about his character. Had I met him first, I wouldn't have wasted my time meeting with anyone else.

ELEVATE: What was the recovery like?

MICHELLE: Other than a bit of bruising and stiffness at the liposuction sites, I felt next to nothing. The pain was incredibly minimal.

ELEVATE: Did you get the results you hoped for?

MICHELLE: Absolutely. I look better now than I did before having kids. There's muscle definition, my stomach is tighter, my thighs are smaller and despite being cautious about having plastic surgery initially, I'm so happy I went through with it.

BEFORE



AFTER



Ask the Doctor

Dr. Tim Sproule, MD, FRCSC,
 Toronto Plastic Surgery Clinic
drsprouleplasticsurgery.ca

ELEVATE: How did you come up with a plan to treat Michelle's concerns?

DR. SPROULE: When there is a redundancy of the abdomen, often there is excess fat in other areas, so it's important to look at the patient holistically to give them the best overall outcome for the entire body. Along with a tummy tuck and liposuction of the abdomen, Michelle had two other liposuction procedures done. To achieve the best possible final outcome, she wanted liposuction to her thighs and then all around her flank. I did these surgeries in stages – not all at once – for many reasons, but specifically because the desired result was important to her.

ELEVATE: Did you have any concerns regarding her surgery?

DR. SPROULE: There were no concerns because she's a young, healthy, intelligent woman who wanted an esthetic improvement and understood the procedures, the risks and any

complications that could occur. She had a positive attitude and realistic expectations.

ELEVATE: Is there an ideal candidate for this procedure?

DR. SPROULE: A patient who has lost weight, is very fit, exercises regularly, follows a good diet but even after weight loss can't achieve the desired look and is left with residual deposits of fat that won't respond to health changes is ideal.

ELEVATE: How long should some expect their recovery period to last following surgery?

DR. SPROULE: Primary recovery after liposuction alone is 1-2 weeks for normal activities. Residual or full recovery takes approximately 1 year as it takes that long for tightening of the skin, residual edema (swelling caused by a collection of fluid) and skin colouring of scars to normalize.

ELEVATE: What's the average cost of this type of procedure?

DR. SPROULE: In general, the cost is typically \$4,000 for each site/area of the body. ©

*Patient name has been changed.

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