

## **BroadcastMed | uhe\_5007\_cruz\_excess\_skin**

NESTOR DE LA CRUZ-MUNOZ: The skin's a huge concern for patients before surgery. It's not really nearly as important to them afterwards. Everybody's petrified of looking like a little shar-pei, but really afterwards, most of the times, most patients don't do anything.

We tell them to lose as much weight as they can, and to exercise as much as they can, to try to lose as much of the fat under the skin as possible. But it's really a lot of genetics, and age, and how much the patients lose, that ends up causing the extra skin.

We do have plastic surgeons available at the university that we work with, and we also work with other plastic surgeons in town. When they want to go ahead and get something tightened, or something lifted, or whatever, I don't get myself into it. It doesn't interest me at all. But we do have the people in our team that we can refer to for the patients.

It ends up being about 15% to 20% that want to get something done.