

Q

I have lost almost 90 pounds and am unhappy with the extra skin I see hanging from my arms and between my thighs. What can be done about this?

A

Assuming that most of what is there is indeed skin and not residual fat, the only way to effectively re-contour those areas is to remove the excess skin. There are presently no effective ways to “shrink skin” when it hangs to the point of overlapping. If some fat is present in addition to the skin, then liposuction might be considered in addition

to the skin removal. The trade off is, of course, a scar. In the arms, the scar is placed to be hidden when the arms are at your side. In the legs the scars are placed to not be seen when the legs are close together. In most cases the scars extend from the armpit to the elbow or the groin to the knee. Recovery time is 1 to 2 weeks. These scars are usually wider and thicker than in other parts of the body but most patients are nevertheless happy to trade the extra, hanging skin for the less visible scars.

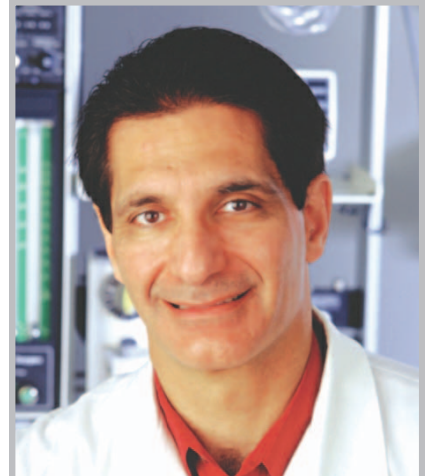
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