

Lipo: Patients detail plastic surgery experiences with Dr. Kline

Continued from page 1B

after they're completed healed, usually in three months, that we'll go back and do a little touch up or tweaking. We're only talking about tablespoons (of fat) and no one ever runs away from being conservative."

Liposuction permanently removes fat cells. When I asked Kline why some people have lipo and seem to gain weight back, he said, "The fat that is ideally removed from the stomach and saddlebags in women and from the stomach and flanks (back near the waist) in men is a different kind of fat. The way liposuction was conceived was not as a bodywide thing; it was conceived to take out that special fat in those areas that have far, far fewer connections through it, between the skin and underlying muscle so it's much easier to remove."

Since most of us gain weight in these areas, it's a kind of early warning signal. Our pants get a bit snug, and we can surmise we've put on a few pounds. "When you take that fat away, it doesn't mean you're more likely to get fat, but, in effect, you lose your early warning system, so when you do gain weight, it's not in those places that you once had. Instead, those pounds are distributed diffusely across your body. Since that warning system is gone, you've gained maybe 15 pounds instead of the five that used to let you know your pants are getting tighter. Those are the people that may feel lipo made me fat."

Liposuction is not a solution to weight loss, although the procedure is a very effective means of correcting genetic or gender specific problems such

as saddlebags, bulging tummies, flanks and heavy thighs that do not respond to traditional forms such as exercise and diet.

Tucks, breast augmentation

"The majority of my patients that decide to have tummy tucks are women who have had children and want their pre-mommy bodies back, typically in their late 20's or 30's. It's also very common to do a breast augmentation or lift and tummy tuck all in one surgery. We call it the mommy special. We can take almost any woman who is within 20 percent of their ideal body weight, no matter how ravaged their body is by child-bearing and put them in a two-piece bathing suit," Kline said confidently.

•Carrie Smith (name changed to respect privacy), a 40-year-old patient of Dr. Kline's did just that. Smith, a research accountant, has two children and was tired of trying on bathing suits and feeling self-conscious. "After children, my stomach muscles were stretched to the point that no matter how much I exercised, I couldn't get my stomach to go down, it was like this little pooch remained, no matter what. Plus I always felt that my breasts were too large and with gravity, age and after having my children, they sagged more. After talking it over with my husband, I decided to do it."

Smith had a tummy tuck, a slight breast reduction, and a breast lift. She consulted several surgeons before deciding to go with Dr. Kline. "I got a recommendation from a neurosurgeon I knew, plus Dr. Kline's background and expertise in reconstructive

and plastic surgery impressed me. My mother who is in her 60s had a tummy tuck by Dr. Kline, and she was very happy with the results."

Smith said that she did extensive research before making her decision, but that she would do it again. "It has changed my life tremendously. The recovery was actually better than I expected, but I was out of work for two and half weeks."

Smith said that the tummy tuck was the most painful procedure in terms of recovery. "Because of childbearing, my stomach muscles were stretched 5-1/2 inches apart, so the muscles had to be sutured together, and I lost a lot of skin. Trying to manipulate my body to sit up was the most difficult part, and it was about a week and a half before I could do it on my own."

Her advice to other women was to make sure you had support from family members and/or friends and to feel comfortable with your surgeon of choice. As for her overall experience she stated, "Dr. Kline and his staff were wonderful and answered all my questions. But, I did this (surgery) for me. It's not going to fix anything in life or change the way people think of you. It's the way you think about yourself that changes."

Kline prefers the high lateral tension tummy tuck invented by Ted Lockwood, a surgeon in Kansas City. "It (high-lateral) gives patients a better defined waist and pulls the waist in as opposed to the standard tummy tuck. Because of the direction of pull (up), it also pulls better tone into your thighs." The procedure has the advantage of using two zones of maximum tension, one on either side of

the abdomen which also results in much better healing.

For breast augmentation, Kline uses saline implants and stressed the importance of choosing the correct size of implant. "I look at a patient and determine what is the largest implant that I can put in that will look natural. It will fool virtually all laypeople and may not fool a surgeon, but they (surgeon) will say that's a good job. I'll give my recommendation to a patient, but if they're looking for very large implants that I don't believe are the best choice for them, I suggest that they seek another surgeon. That virtually never happens after I tell them my reasons. I've never had a patient that wasn't happy with their augmentation. I think it's a paternal instinct with me; I want my patients to look good. Most are in tears (thrilled) after surgery," Kline said.

Other women opt for a breast lift - a procedure that is more expensive and more complicated than a breast augmentation. "The only so-called problem with a breast lift is that you're not going to get the upper fullness of the breasts that you will with augmentation," Kline stated.

"Some women don't care since in a normal breast, there isn't that much upper fullness."

Complications and risks

"The complications (for surgical body procedures) in my experience are exceedingly rare, but I advise my patients of the risks, all of them," Kline said.

Complications include contour deformity (uneven areas) in liposuction; capsular contraction (hardening of the

breasts) and blood clots that can sometimes be fatal.

"Blood clots are very rare, but I tell my patients that it can happen. We may be stricter than some facilities, and we may get a surprise reaction because we do tell them all the risks, but they don't run away. I think they appreciate our giving them the whole picture so that these complications are avoided and they appreciate that," Kline said.

Kline said that other risk factors include smoking, obesity and the use of birth control pills or hormone replacement therapy. He advises women to stop taking hormones at least a month before surgery. Use of hormones may increase the risk of blood clots.

As for smoking, Kline was adamant about the increased risks, not just for obvious health reasons, but in relation to surgical procedures as well.

"For breast augmentation patients, there is a very strong connection between smoking and capsular contraction (hardening of the breasts). I ask my patients who smoke, which do you like better, smoking or soft breasts?" Kline said.

"There are certain procedures where the risk of smoking is just too high and the chance of having wound healing problems is too big. Facelifts, breast lifts and reductions require that we stress the tissue much more (than some other procedures), and we're doing much more extensive dissection, which reduces the blood flow to the tissue. If you throw in reduced blood flow from smoking, suddenly your incidence for complications becomes almost 100 percent," Kline said.

He went on to say that for those people (smokers) and

those surgical procedures, patients are required to quit smoking prior to surgery. "We take a urine test the day of surgery and if it's positive, we would not do surgery. And do you know, not one person has tested positive?" Kline said.

He also stated that a significant number of patients who were smokers before surgery become non-smokers after surgery.

Recommendation

"Ask yourself, who am I doing this for? If the answer is anyone other than yourself, plastic surgery is not for you. If you choose surgery as a way to change those things about yourself that you can't do through diet and exercise, do your research and make sure you genuinely like not only your surgeon, but the entire staff and atmosphere as well. You should feel very comfortable with your surgeon. Don't have surgery unless you have a good feeling about the whole experience," Kline said.

For more information about East Cooper Plastic Surgery and information mentioned in this article, call 843-849-8418 or visit online at www.ecplasticsurgery.com.

(Editor's Note: The views expressed in this article are not necessarily the views of the Moultrie News or the author. This article is for informational purposes only and is not intended as medical advice. Anyone who is considering any type of medical procedure or surgery should consult with their surgeon of choice.)

Brigitte Surette is an independent writer in Mount Pleasant. Her e-mail address is BrigitteSurette@aol.com.

CRUISES FOR LESS

WHERE CRUISES ARE ALWAYS FOR SAIL

1340 BEN SAWYER BLVD. MT. PLEASANT, SC

971-3334

Office hours: Mon-Fri 10-6 and Sat 9-NOON After hours by phone or email: thebestcruises@aol.com

Thomas J. Guidera, MBA, JD

Broker Associate • E-mail: tjghomes@aol.com

- 11+ years Real Estate experience • Member East Cooper Top Producers
- Multi-Million Sales Club since 1994 • Professional background as an attorney & accountant



628 Long Point Rd. • Mt. Pleasant
Bus. 843-884-1622 • Wats. 800-525-1622
Fax. 843-849-2709 • Res. 843-884-0446



A Scrapbook Store
884-1944
Teresa Ankersen & Ruth Stewart
Invite You To
Crop for the Holidays!
Call now for schedules!
Mon. - Sat. 10-6
Sundays 12-4
Mt. Pleasant's Only Scrapbook Store!
1212 FAIRMONT (Behind GDC)

FLEX-A-BED ELECTRICALLY ADJUSTABLE BEDS

FREE VIDEO & BROCHURE

- RELIEVES DISCOMFORT OF ARTHRITIS, ACID REFLUX, BREATHING DISORDERS, SWOLLEN LEGS & FEET
- WAKE UP FEELING REFRESHED
- INVIGORATING MASSAGE
- NO MORE SLEEPING IN A RECLINER

STUCKEY BROS FURNITURE

"Since 1930"

1113 Johnnie Dodds Blvd. • Mt. Pleasant, SC • 884-2650

Come To Church this Sunday!

<p>Mount Pleasant Presbyterian Church 302 Hibben St (Old Village) • 884-4612 Sunday Worship at 8:15, 9:45 and 11:15 am Church School for all at 9:45 am Pastor Gary L. R. Bullard, Sr. • Allan Purill, Associate Pastor</p>	<p>First Baptist Church 681 McCants Drive • Dr. Ron Dillon - Pastor Morning Worship Services: 8:30 am, 9:30 am and 11:00 am Sunday School: 9:30 am and 11:00 am Escuela dominical en Español: 9:30 am- 10:30 am Wednesday Service: 6:15 pm 884-8521 • www.fbc-life.com • T.V. Ministry...Sunday 10:30am Channel 2 or Cable 3</p>	<p>Hibben United Methodist Church 690 Coleman Blvd., Mt. Pleasant www.hibbenumc.org • 884-9761 Sunday Worship 8:15 am • Sunday School 9:15 am Sunday Worship 10:30 am Rev. Kyle D. Randle • H. Sam Johnson, Pastor</p>
<p>STELLA MARIS CATHOLIC CHURCH Station 12, Middle Street • Sullivans Island across from Fort Moultrie Masses: Saturday...5:30 p.m. Sunday...8:00, 9:30, & 11:30 a.m. Confessions...Saturday 4:30-5:00 p.m. Rev. Monsignor Lawrence B. McInerney, Pastor 883-3108</p>	<p>Point Hope United Methodist Church New Methodist Church in North Mount Pleasant. Meeting at Jennie Moore Elementary, Sunday 10 a.m. Pastor: Jeremy Howell 452-1228 www.pointhopeumc.org</p>	<p>FIRST UNITED METHODIST CHURCH 21st Ave. & Palm Blvd., Phone: 886-6610 A Welcoming Church Family Sunday Worship 8:15 and 10:45 am, Sunday School 9:30 am Youth Fellowships 5:30 and 6:30 pm Praise Worship - 4th Sundays 7:00 pm Nursery provided for all services. Visitors Invited! Elevator. Web page: www.iopmethodist.com REV. GLORIA ROBBINS DAVIS, PASTOR</p>
<p>Sunrise Presbyterian Church at Breach Inlet, Sullivan's Island 883-3888 www.sunrisepcusa.com A ministry of love and hope in service to God's Risen Sun. 9:00 am Early • 11 am Worship • 10 am Sunday School Pastor: Rev. Dr. Vance Polley</p>	<p>East Cooper BAPTIST CHURCH Conrad "Buster" Brown, Sr. Pastor Sunday Morning Elective Bible Study Classes 9:45 & 11:15am Sunday Morning Blended Services 8:30 & 9:45am Sunday Morning Contemporary Service 11:15am Call 856-ECBC (3222) or 1133 www.ecbonline.com 361 Egypt Road, I-526 in Mt. Pleasant Longpoint Road Exit - Left at Exxon</p>	<p>Grace Church Sunday Worship 10am 251 Johnnie Dodds Blvd. - Next to Days Inn on Hwy 17. 843-884-5770 An Interdenominational Church Sharing Jesus' Love</p>