

The following information should be used as a guide to help you decide if any of these options are right for you. A personal consultation will help to answer your questions. It is important that you are realistic about the changes that you can expect and the risks involved.

Breast Augmentation

Many women have made the choice to create the shape they have always dreamed of through breast enlargement. The staff of The Women's Center knows you and wants to help you achieve the look that you desire with the many sizes and shapes of silicone gel and saline filled implants available.

The best candidates for breast augmentation are women who are looking for improvement and are realistic in the way they look; physically healthy women, at least 18 years of age for saline implants and 22 years of age for silicone gel implants, who are not currently pregnant or nursing.

If you have ever considered breast augmentation, we would love to sit down with you and discuss the procedure to help guide you in your personal decision; please bring any questions you may have to the following issues.

- Breast implants are not considered lifetime devices. You will likely undergo breast implant removal with or without breast augmentation over the course of your life.
- Many of the changes to your breast following breast augmentation are irreversible (cannot be undone). If you later choose to have your saline breast implant(s) removed, you may experience unacceptable dimpling, puckering, wrinkling, or other cosmetic changes of the breast.
- Breast augmentation may affect your ability to produce milk for breast feeding depending on the incision type and implant location. Also, breast augmentation will not prevent your breast from sagging after pregnancy.
- With saline breast implants, routine screening mammography will be more difficult, and you will need to have additional views, which means more time and radiation.
- Make sure you check with your health insurance company before you have breast augmentation, whether cosmetic or reconstructive, for possible premium increases, coverage changes and/or coverage of the treatment needed for any complications.

Breast Reduction

If you are suffering from any of the following conditions, breast reduction may be the option you are looking for to improve your quality of life:

- breasts that are too large in proportion to your body frame
- heavy, pendulous breasts with nipples and areolas that point downward
- one breast is much larger than the other
- back, neck or shoulder pain caused by the weight of your breasts
- skin irritation beneath your breasts
- indentations in your shoulders from tight bra straps
- restriction of physical activity due to the size and weight of your breasts
- dissatisfaction or self-consciousness about the largeness of your breasts

Breast reduction in The Women's Center is performed using tumescent microcannula liposuction which along with patient safety and comfort presents the following benefits:

- Up to a 50% reduction in volume can be achieved
- More delicate contouring of the breasts
- Minimal time off work
- Quick recovery
- No incisions
- Less bruising and bleeding
- Although not covered by insurance, the resulting health improvement from breast reduction will be realized in healthcare cost savings.

The staff of The Women's Center is concerned about your total health and would welcome the opportunity to sit down with you to discuss Breast Reduction as an option towards your good health.

Body Sculpting

The Women's Center offers body sculpting through tumescent microcannula liposuction. This body sculpting technique is done totally under local anesthesia providing a safer, more delicate procedure leaving you with less scarring and faster healing time. Tumescent microcannula liposuction is fast becoming the technique of choice for body sculpting as it allows for smoother results and fewer risks.

The word "tumescent" means swollen and firm. By injecting a large volume of very dilute lidocaine (local anesthetic) and epinephrine (capillary constrictor) into subcutaneous fat, the targeted tissue becomes swollen and firm, or tumescent. The tumescent technique is a method that provides local anesthesia to large volumes of subcutaneous fat and thus permits liposuction totally by local anesthesia. The tumescent technique eliminates both the need for general anesthesia and need for IV narcotics and sedatives. Tumescent liposuction totally by local anesthesia has proven to be extremely safe and is less painful and more pleasant than liposuction under general anesthesia or IV sedation.

A liposuction cannula is a stainless steel tube which is inserted into subcutaneous fat through a small opening or incision in the skin. A microcannula has an outside diameter of less than 3 millimeters (mm). With special designs, microcannulas can remove fat very efficiently. The use of larger cannulas, for example those having an outside diameter ranging from 3 mm to 6 mm require larger incisions which usually leave visible scars. Smoother liposuction results can be achieved by using microcannulas which allow a more gradual and controlled removal of fat. This improves the ability of the surgeon to achieve smoother results and for you to achieve faster healing.

For best results, diet and exercise may be advised. Liposuction treats fat deposits but is not a means of traditional weight loss. Liposuction cannot eliminate stretch marks or cellulite and may in fact make them more pronounced depending on how toned you are. At this time liposuction is still considered the gold standard for fat removal.

Abdominoplasty (Tummy Tuck)

Have you tried exercise and diet and still are unable to have the tight tummy that you desire? If you've got a little too much flab or excess skin in your abdomen that won't go away no matter what you try, you may want to consider an abdominoplasty, or more commonly called a "tummy tuck."

This procedure flattens your abdomen by removing extra fat and skin, and tightening muscles in your abdominal wall. But be cautioned: This is a major surgery, so if you're considering it, take the time to educate yourself so you can make the right decision for you and your lifestyle. A tummy tuck should be the last resort for people who have exhausted all other measures, and the procedure should not be used as an alternative to weight loss.

An abdominoplasty is suitable for both men and women who are in good overall health. Those who may benefit from an abdominoplasty are:

- Women who have muscles and skin stretched by multiple pregnancies may find the procedure useful to tighten those muscles and reduce that skin. However, if you plan to have more children, you may want to postpone the procedure.
- An abdominoplasty is also great for men or women who were obese at one point in their lives and still have excessive fat deposits or loose skin in the abdominal area. If you want to lose a significant amount of weight you may not want to have a tummy tuck.

It is very important to note that a tummy tuck can cause prominent, permanent scarring. If this is something you don't want, you may want to reconsider. We will be happy to discuss all these options with you when you come in for your personal consultation.

Tummy Tuck vs. Liposuction

Liposuction and tummy tucks treat different body problems. If the issue is simply extra fat, it is generally recommended that liposuction is the best option; but if there is loose skin and muscle-wall weakness, which is not unusual in women who have given birth, then a tummy tuck may be preferable. A tummy tuck repositions muscles and skin while removing fat.

Meet Dr. Timothy Staudte

Dr. Timothy Staudte, D.O., F.A.C.O.G., has been a member of the medical staff at The Women's Center, a specialty clinic with FMP&S, since 2004. Dr. Staudte attended medical school at Western University of Health Sciences in California



and completed a general medicine internship at Doctor's Hospital in Columbus, OH. He completed his OB/GYN residency at Miami Valley Hospital in Dayton, OH. He is board certified by the American College of Obstetrics and Gynecology and an Associate member of the American Academy of Cosmetic Surgery. Dr. Staudte is fully credentialed in breast augmentation/reduction, abdominoplasty and microcannula liposuction using tumescent anesthesia.

For More Information

Please Visit The Following Websites, For More Information On Any Of These Procedures:

- www.liposuction.com
- www.jeffreykleinliposuction.com

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Price List

- Consultation Fee \$150.00*
- Breast Augmentation (Saline Implants)..... \$4,225
- Breast Augmentation (Silicone Implants).. \$5,225
Breast Augmentation package includes routine pre and post operative visit; surgeon's fee, operating room, nursing staff; costs associated with anesthesia and initial post-op garment. Cost does not include pre or post operative lab tests, mammography or pre-op medical clearance if needed. These will be billed separately.

Abdominoplasty (Tummy Tucks)\$6,000

Liposuction Of:

- Abdomen, upper and lower \$3,000-6,000
- Abdomen, lower..... \$1,500-2,500
- Arms \$1,500-5,000
- Back, Female \$1,500-4,000
- Breasts, female..... \$2,500-6,000
- Breasts, male..... \$1,500-4,000
- Buttocks \$1,500-4,500
- Chin, Cheeks, Jowls, Neck \$2,000-4,500
- Flanks, male \$2,000-5,000
- Anterior Thighs and Knees \$2,000-5,000
- Inner (Thighs and Knees)..... \$2,000-5,000
- Hips/Waist..... \$1,600-5,000
- Outer Thighs..... \$1,600-5,000

Tumescent liposuction and tummy tuck (abdominoplasty) packages include routine pre and post operative visit; surgeon's fee, procedure room, nursing staff; costs associated with anesthesia and initial post operative garment and supplies. Cost does not include pre or post operative lab tests or medical clearance if needed. These will be billed separately. Factors that affect the cost variance include: previous liposuction; amount of fat to be removed; medical condition; age; and difficulty of surgery.

**Consultation fee will be applied to purchase of service package.*

The Women's Center

A Specialty Service of Fort Madison Physicians & Surgeons

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Body Image is
a Personal
Thing...

The Women's Center
Now Offers the
Following Services.

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