

MAXIMIZING YOUR NEW LOOK

'Lifestyle change' enhances cosmetic procedures

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Cosmetic surgery can, no doubt, produce unbelievable results. Just looking at “before” and “after” pictures of people who have undergone liposuction, body contouring or a breast augmentation can reveal startling transformations. However, according to Michael S. Kluska, D.O., F.A.A.C.S., F.A.C.O.S., there is no “magic wand” that will take away all the body’s imperfections. It takes a commitment by both sides — surgeon and patient — to achieve a remarkable outcome.

Dr. Kluska encourages all of his patients to make a lifestyle change by following a healthy diet and exercise program. “I ask all of my patients to take my



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Dr. Kluska's Nutritional Guidelines

What to avoid:

The five "C's"

Chips
Cookies
Candy
Cake
Chocolate

Anything white

White bread
White pasta
White rice
White potatoes

Limit:

Daily dairy products, switch to 1 percent or skim milk

Note: The calcium from skim milk has been proven to help people lose weight by binding daily fat intake. Have a glass or bowl with whole-grain cereal every day.

Increase:

Fruit and vegetable intake to three to five times a day

Note: The vitamins, minerals and phytonutrients in vegetables aid in the healing process. Antioxidants found in certain fruits help prevent body breakdown and increase healing power. "The darker the fruit or vegetable, the more healing power it has."

Eat the following:

Blueberries, blackberries, raspberries, strawberries, pomegranates, broccoli, spinach, lettuce, legumes (beans), carrots

Increase: Whole grains
Whole-wheat bread
Whole-wheat pasta
Baked sweet potato
Baked yams
Brown rice
Whole-grain cereals

Decrease: Fat intake to less than 35 grams per day

Exercise:

Increase scheduled exercise time to a minimum of three days per week. Walking 30 to 40 minutes three to four days a week will increase your metabolism, build lean muscle mass, improve cardiovascular health and improve your chances for a positive post-surgical result. (If you have a cardiac history, consult your primary care physician before attempting to increase your cardiovascular fitness.)

challenge by decreasing fat intake and increasing intake of whole grains as well as fruits and vegetables.

"Many cosmetic surgery candidates already practice a healthy diet and exercise program, but need a little help getting rid of problem areas," Dr. Kluska says. "Maybe they've had children and now have areas of fat that do not respond to normal diet and exercise. That's the ideal cosmetic surgery candidate."

It's also important for prospective patients to have realistic goals, he says. "Someone who understands that I'm not going to take them from a size 12 and make them a size two with

liposuction. Liposuction is not for weight loss.

"Fat is kind of like feathers. If you were to take a huge sack of feathers, it doesn't weigh a lot. So, when somebody has liposuction, they're not going to lose a lot of weight, but they will lose volume and inches, and thus, will be contoured better in a specific area."

According to Dr. Kluska, following liposuction, a patient who maintains a body weight within five to 10 pounds will not gain weight in the area treated. However, if a significant amount of weight is gained, the fat cells remaining in that area will swell.

"There's no question they will be larger," Dr. Kluska says.

This is why healthy diet and regular exercise is essential to reaching and maintaining the optimal outcome of the procedure, Dr. Kluska says.

"There is only so much that can be done from the surgical side of things.

"If a patient takes this and then adds to it through their own efforts and commitment, they exponentially can reap the benefits from the procedure that they're undergoing," he says. ❏

