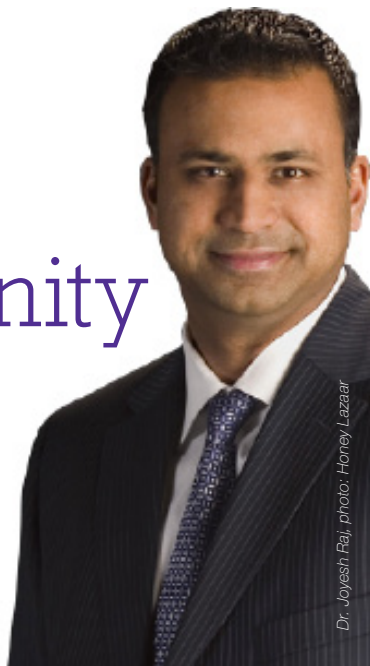


a practice
built on
caring
for our
community



Dr. Joyesh Raj, photo: Honey Lazaar

Get to know Dr. Joyesh Raj

As a client, it's comforting to know your doctor as a person; someone who knows the names of your children or all about the new job you just started. A caring plastic surgeon and leader, Dr. Joyesh Raj touches the lives of patients and community members through his practice and volunteer efforts. A gracious recipient of the 2012 Art of Caring Award, his philanthropic support reaches Community West Foundation, North Coast Health Ministry, Lake Ridge Academy, local area hospitals in both Cuyahoga and Lorain counties and humanitarian service in Mexico and India. Through all of this, he remains a dedicated family man and avid adventurer.

Dr. Raj offers a personalized approach to all reconstructive and cosmetic surgeries and procedures, helping you find what best fits the appearance you're trying to achieve. Being comfortable in your own skin and the confidence that comes with it is a gift you can give to yourself. It's time to feel beautiful again.

To schedule a consultation, please call 440.808.8030, 850 Columbia Road, Suite 300, Westlake, Ohio 44145 rajplasticsurgery.com

Joyesh Raj, M.D., F.A.C.S.
Chief of Plastic Surgery, Fairview Hospital
Plastic and Reconstructive Surgery
Certified by the American Board
of Plastic Surgery



YOU'VE LOST THE WEIGHT NOW GET THE "SKINNY" ON BODY CONTOURING

By Cindy Marx; Practice Manager for Raj Plastic Surgery

Diet and exercise, perhaps bariatric or lap banding surgery did it...you've lost the weight, done the exercise but still feel uncomfortable in your "skin"? Body contouring surgery at Raj Plastic Surgery may be the answer to help you achieve your "personal best".

Body contouring provides the most dramatic cosmetic surgical procedures giving you a body makeover that diet and exercise alone cannot achieve. You have lost the weight and toned your muscles through diet and exercise; however, you may still be dealing with hanging skin in the tummy region, buttocks, thighs and arms leaving your body looking like a deflated balloon.

Men and women who have struggled with specific body areas for years find the investment in body enhancement to be well worth while. Body contouring after major weight loss improves the shape and tone of your underlying tissue that supports fat and skin and removes excess sagging fat and skin. Dr. Joyesh Raj is a Board Certified Plastic Surgeon who understands the high degree of personalization that goes into the planning for each body makeover working closely with each patient to establish a plan for treatment to help the patient reach their personal goal.

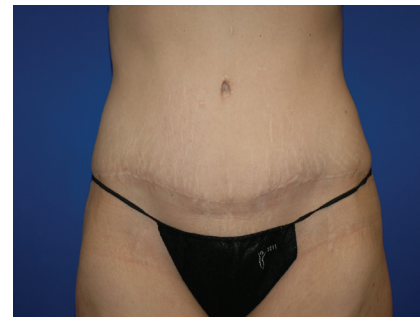
Body contouring may include a tummy tuck to address the abdominal area that may extend around the sides and into the lower back area, resulting in an apron-like overhang. Sagging of the buttocks, groin and thighs may be best addressed with a thigh, buttocks or lower body lift. Breasts that flatten and hang with nipples pointed downward may require a breast lift in conjunction with an augmentation to replace lost volume. Sagging upper arms often referred to as "bat wings" can easily be addressed with a surgical procedure to reduce the hanging skin. Regain a more youthful appearance by eliminating hanging skin of the face and neck creating jowls and a "turkey neck" appearance with a cheek/neck lift. Often a treatment plan is designed to accomplish goals that may involve stages of surgical procedures until the patient's goals are met.

The cost of body contouring procedures varies and is based on the individual patient's goals. When choosing a plastic surgeon for body contouring surgery, remember that the surgeon's experience and your comfort with Doctor and his Team are just as important as the final cost of surgery.



Top photo : Female after weight loss and Stage 1 Liposuction

Bottom photo : Female after Stage 2 Tummy Tuck



440.808.8030
rajplasticsurgery.com

Please call our office if you would like to schedule a free consultation by mentioning this article in Cleveland Women's Journal.