“Plastic Surgery Procedures after Weight Loss”

For patients suffering from morbid obesity, choosing bariatric surgery to reduce calorie intake may offer a passport to a healthy life.

Large weight losses can leave large folds of excess skin, along with loose muscles and sometimes localized pockets of unsightly fat tissue. Additionally, excessive amounts of skin can accumulate and hang in various areas, including face, neck, breasts, upper and lower abdomen, flanks, armpit, back buttock, arms, forearms, thighs, legs, and calves. This surplus skin can cause considerable hygienic problems, skin irritation, skin breakdown, pain and infection. In such cases, bariatric plastic surgery procedures can help to reshape the normal structures of the body in order to improve appearance and self-esteem.

The price of bariatric – related surgery procedures can vary significantly depending on several factors including:

- patient condition
- complicating factors
- the surgeon
- the hospital
- The type of anesthesia
- complications of surgery
**“Oven Barbecued Pork Chops”**

**INGREDIENTS:**

1 1/2  pounds boneless pork chops, trimmed of fat  
1/4 tsp each of salt and pepper  
2 tsp canola oil  
1 medium onion  
1 clove minced garlic  
1/4 cup orange juice  
1/3 cup barbecue sauce  

**YIELD:**  6 (3) oz  Chops  

**INSTRUCTIONS:**

1. Sprinkle pork chops with salt and pepper.  Heat 1 tsp of the oil in a large ovenproof skillet over high heat.  Add the pork chops and cook until they begin to brown.  Transfer to a plate.  

2. Add remaining 1 tsp of oil to the pan.  Add onion and cook until softened.  Stir in garlic and cook, stirring until fragrant.  Add orange juice and cook until most of the liquid is evaporated; stir in barbecue sauce.  Return pork chops to pan, turning several times to coat with the sauce.  

3. Transfer the pan to the oven and bake until the chops are barely pink in the middle and thermometer registers 145 degrees, about 6-10 minutes.  

**NUTRITION INFORMATION:**

Calories:  225  Carbohydrate:  10 gm  
Fat:  10 gm  Protein:  21 gm
NEXT SUPPORT GROUP MEETING:

June 6th, 2012   6:00 pm

Dining Room “D”

(far east end of hospital, main floor;  
across from east elevators)

“The Importance of Protein, Vitamins, and Minerals”

Remember to schedule follow-up appointments  
with your Bariatric Surgeon!