

# INNOVATIONS IN COSMETIC MEDICINE



## Advances in Breast and Body Contouring After Pregnancy and Weight Loss

Dr. Adam R. Kolker is a double-board-certified plastic surgeon in Manhattan. As a highly skilled and accomplished breast and body contouring specialist, he is most noted for perfecting the art and science of abdominal restoration and breast enhancement in women who have experienced significant changes following pregnancy, weight loss, or aging. Changes that include decreased breast volume and position, abdominal prominence, muscle laxity and excess skin and fat are common, and can have effects on appearance, comfort, and self esteem. Breast enlargement, and breast lift when necessary, can restore youthful fullness to the breasts. In the many cases in which diet and exercise do not suffice, abdominoplasty can restore a firm and sculpted contour. Dr. Kolker has devised surgical techniques and has published articles on maximizing both aesthetics and safety in abdominoplasty and liposuction in *Annals of Plastic Surgery*, and has lectured on these advances nationally and internationally. By utilizing methods that preserve maximal perfusion and health of the abdominal skin, these procedures allow for liberal liposuction and natural, anatomic shaping of abdominal contours. As every woman's needs and desires are unique, the specific techniques are tailored meticulously to achieve the most beautiful and natural results for each individual.



**Adam R. Kolker, M.D.**

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