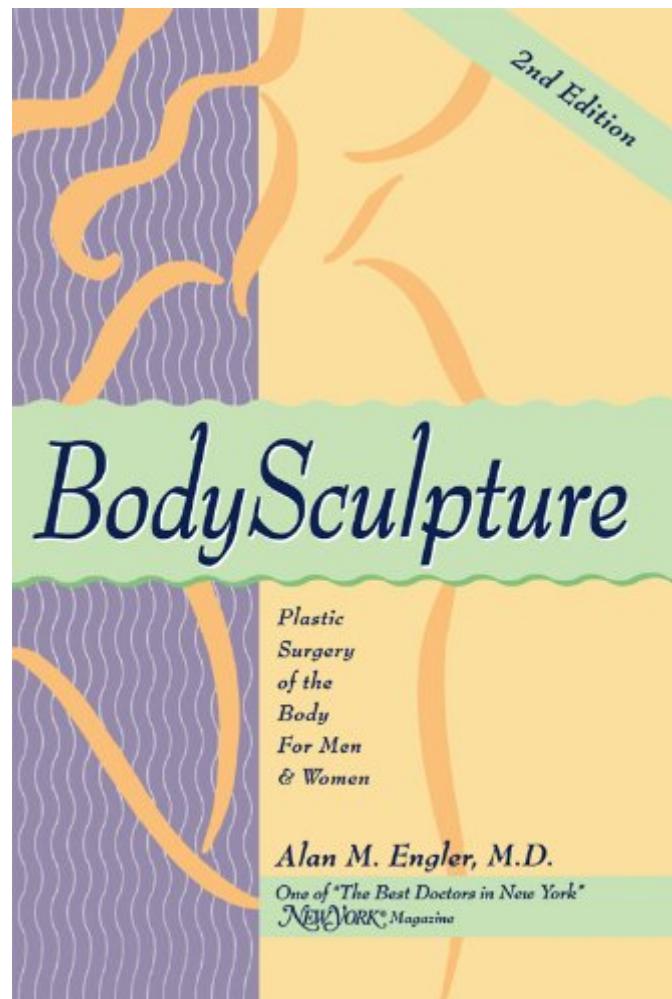


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# BodySculpture



## Synopsis

"A concise but thorough, sophisticated yet clear, description of the most sought after plastic surgery procedure performed today...an invaluable resource those interested in undergoing plastic surgery."

This book is divided into five sections: General Information, Breast Surgery, Liposuction, Tummy Tucks, and Results. The first section contains information that is common to most of the procedures, including preparation and things to know before surgery, anesthesia, what the day of surgery is like, the early recovery period, getting used to your new body, and long-term effects. The second section, Breast Surgery, discusses both breast enlargement and breast reduction. Breast enlargement is, literally, an enlargement of the existing breasts. This is done by inserting implants, of which there are many types, beneath the breast tissue. There are also different surgical techniques by which this can be accomplished. The other part of this section is entitled "Breast Lifts and Reductions." • These procedures are put together because they are essentially the same operation. The differentiating factor (i.e., what constitutes a lift versus a reduction) is the amount of breast tissue that is removed. The third section addresses liposuction, which is now the most commonly performed cosmetic surgery in the United States. While precise statistics are difficult to obtain, thousands of liposuctions are performed annually. Its popularity is understandable -- it is a remarkably effective procedure. The details of liposuction are discussed, including how and why it works, surgical techniques, and what the recovery is like. The fourth section discusses the treatment of the stomach when liposuction alone is not adequate. This refers to patients who have an excess of skin in one or more regions of the stomach. Almost all patients in this category have an excess of skin below the belly button (umbilicus); many also have an excess above it. Depending on the relative amounts and locations of excess skin and fat, and on how loose the abdominal muscles are, different treatments are indicated. Finally, a photo gallery. These unretouched before-and-after photographs of my patients demonstrate some of the results that can be achieved with these procedures.

## Book Information

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## **Customer Reviews**

An excellent resource for anyone considering plastic surgery. This book is very informative and very simple to understand. Even my plastic surgeon was impressed with how well informed I was at my initial consult. He even asked for the name of this book so he could recommend this book to his patients as a resource prior to surgery. I've been researching this topic for two years and this book, "Body Sculpture: Plastic Surgery For Men and Women" is definitely the most valuable source of information I've come across. To anyone considering plastic surgery, buy this book and read it before your consult. You'll be glad you did.

Body Sculpture is a wonderful resource for people interested in plastic surgery. It covers all of the important issues prospective patients need to be aware of. It is extremely important to be an educated patient. This book gives you the power to get involved and be aware of your choices. Dr. Engler does a great job in presenting the facts in an easy to read manner. I have a website designed to educate patients about plastic surgery so I'm always happy to see information of this quality become available to the public. Since I myself have had plastic surgery I can tell you how important it is to be informed. I encourage you to read this book if you are considering cosmetic surgery. The photos and the step by step information will give you a better understanding of what to expect before during and after surgery. Knowing the facts before you consider a consultation with a surgeon is always a good idea. I truly recommend this book! Nicole at [Implantinfo.com](http://Implantinfo.com)

I have seen many books about plastic surgery on the shelves, but this one is my favorite. It has the most pictures of any of the books, and it gives me more information than any of the other ones. Personally, I was interested in liposuction and breast implants, and Bodysculpture gave me all of the

information that I needed and wanted. I would recommend Bodysculpture to anyone who is interested in in-depth information on almost any procedure associated with plastic surgery.

As someone who operates a popular and very informative breast implant web site and forum...I cannot recommend this book enough. Dr. Engler covers everything, including information on other plastic surgery techniques, such as liposuction, breast lifts, breast reduction, and tummy tucks. The complete history of breast implants is covered, as well as the types of implants available (saline and silicone), the silicone controversy, shapes of various implants, placement of the implants, possible risks and complications, as well as before and after photos. This book really has everything. You will learn what to expect at your consultation, to anesthesia, to what the neighbors will say. Plastic surgery is not something to be taken lightly. Much thought should go into the reasons WHY you want to have the surgery. This is covered in the book as well. Dr. Engler is a highly respected surgeon, and is a wonderful authoritative source on breast augmentation. If you are contemplating any of the procedures outlined in this book, I urge you to read this book.

We are truly fortunate to live in a society where modern plastic and cosmetic surgery affords men and women desirous of affecting change to their face and body an astounding array of techniques which can yield magnificent results when performed by highly skilled surgeons. Unfortunately, most patients must decide which type of surgery is best suited for them during one or two brief pre-operative consultations - hardly confidence inspiring considering the results of cosmetic surgery are variable (depending on the technique employed) and permanent. Dr. Alan Engler has certainly helped to balance the equation between patient and physician by crafting an informative, yet easily understandable guide to the different approaches available for specific areas of the body and their expected results. His book is an immensely readable and fascinating guide into the world of modern cosmetic surgery packed with scientific knowledge, photographs, as well as invaluable helpful suggestions to assist patients through their post-operative recovery periods and subsequent adjustment to their improved appearance. The author demystifies the heretofore private domain of cosmetic surgery while writing with simultaneous wit and clarity, always encouraging us to understand today's specialized procedures and thoughtfully providing answers to our corresponding questions. I recommend this book for anyone considering undergoing cosmetic surgery for the first time as well as those who have already "taken the plunge" as an invaluable addition to their resource library. Don't go to the operating room without it!

I have run a popular plastic surgery resource website, IMPLANTFORUM.COM, for over 4 years and I can't think of a thing Dr. Engler neglected to mention in this book, *BodySculpture!* Dr. Engler covers everything. From what to expect before, during & after surgery to the emotional aspect of undergoing plastic surgery. Each procedure (breast augmentation, breast reduction, liposuction and tummy tucks) is explained thoroughly, yet in easy to understand layman's terms. He details what you'll get from a consult and all your options, to how to prepare for surgery and what transpires during surgery. He lists the risks of each surgery and what to expect when recovering and he does not sugar coat! Bravo! The book includes lots of before and afters of each surgery, which is a great reference if you are planning on surgery or even if you are only contemplating surgery. Dr. Engler is a graduate of Yale and is a ABPS board-certified plastic surgeon (the ONLY plastic surgery board recognized by the American Board of Medical Specialties). He was listed in 'The Best New York Metro Area Doctors' and in New York Magazine's The Best Doctors in New York. His office is in New York City.

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