



DR. MARK KOHOUT
FRACS. PLASTIC SURGEON

ULTIMATE PROCEDURE GUIDE

EXCESS SKIN SURGERY

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General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor- patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. We recommend seeking a second opinion from an appropriately qualified medical practitioner before proceeding with surgery. All surgical or invasive procedures carry risks and potential complications. We recommend seeking a second opinion from an appropriately qualified medical practitioner before proceeding with surgery.

Skin Reduction procedures

What is Excess Skin Reduction Surgery?

Excess skin reduction surgery is a procedure designed to remove and reshape areas of excess lax skin that may develop after significant weight loss, pregnancy, or ageing. By addressing excess or loose/redundant skin, this surgery can help address comfort and mobility while creating body contours to your desired outcome. The procedure is tailored to each individual, considering factors such as skin elasticity and overall health. While results vary, following post-operative care instructions can support healing and enhance the outcome.

Key procedures for Body Contouring and Body lift include:

- Circumferential Abdominoplasty Arm
- Reduction (Brachioplasty) Thigh
- Reduction (Thighplasty) Lower or
- Upper Body Lift
- Breast Reduction or Breast Lift
- Bra Line Back Lift
- Liposuction



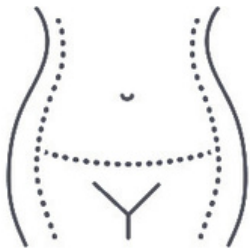
Skin Reduction procedures

Procedures involving excess skin reduction

Many people who lose weight after suffering years or decades of obesity end up with loose skin folds that cannot be resolved through exercise.

Plastic Surgery is the next step for reducing unwanted skin folds, redundant skin and stretched skin as well as mal-distributed adipose tissues in areas of the body such as the waist, abdomen/torso, upper torso, back, breasts, face, neck, upper arms and thighs.

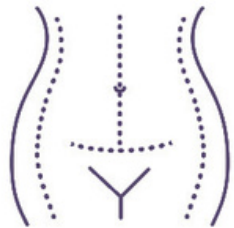
Circumferential Abdominoplasty (Belt Lipectomy)



A circumferential Abdominoplasty (frequently referred to as body lift) is more extensive than a standard tummy tuck. It's often most suitable for patients who have lost over 30 kilos, resulting in over-hanging folds of skin on their body.

- The incision typically extends around the entire waist line
- Excess skin and fat are reduced surgically; muscles are repaired or tightened and the outer thighs and buttocks are "lifted."
- The navel is placed in an aesthetically pleasing location.
- Liposuction may also be used to help restore a smoother shape.

Fleur de Lis Abdominoplasty



A Fleur de Lis Abdominoplasty is an advanced surgical technique designed to address significant skin laxity across both the vertical and horizontal planes of the abdomen. It is typically recommended for individuals who have lost a substantial amount of weight and are left with redundant skin that cannot be fully corrected with a standard tummy tuck (Abdominoplasty) alone.

This procedure involves two incisions:

- A horizontal incision across the lower abdomen (similar to a traditional tummy tuck).

A vertical incision running from the lower abdomen up to the chest.

By incorporating a vertical component, this approach enables the surgeon to remove excess skin across the midline of the torso, creating a tighter, smoother, and more contoured abdominal appearance.

Key benefits of Fleur de Lis Abdominoplasty:

- Removes significant skin excess both side-to-side and top-to-bottom.
- Helps improve abdominal contour when horizontal tightening alone is insufficient.
- Can relieve discomfort related to overhanging skin folds such as chafing, irritation, and difficulty fitting into clothing.
- Supports improved hygiene and physical comfort.

Skin Reduction procedures

Procedures involving excess skin reduction

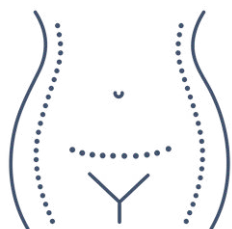
Reverse Abdominoplasty



Reverse abdominoplasty removes excess skin and soft tissue from the upper abdomen, usually where laxity develops after significant weight loss or previous surgery. Unlike a traditional abdominoplasty, which addresses the lower abdomen, this approach lifts tissue upwards towards the chest. The incision is typically placed along the natural crease beneath the breasts to allow skin tightening in the upper abdomen.

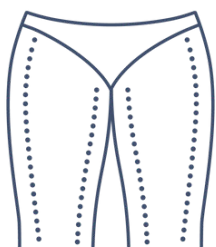
Reverse abdominoplasty may be considered when the upper abdominal skin cannot be effectively managed with other techniques..

Extended Abdominoplasty



An extended abdominoplasty targets excess skin and fat through the lower abdomen and around the sides of the waist. It usually includes muscle repair and repositioning of the belly button. The incision usually extends past the hips to access and address fullness in the flanks and outer waist area. In some cases, it may be liposuction-assisted to allow further correction of contour in adjoining areas.

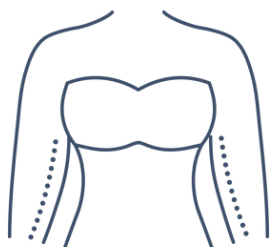
Thighplasty (Thigh Lift)



Thighplasty surgery (thigh reduction) is designed to reduce the amount and reshape loose skin on your thighs, which tends to look uneven and textured. Liposculpture is often used in combination with Thighplasty to achieve a more contoured appearance.

Thigh surgery is essentially two operations as both legs are being operated on to remove excess fat, primarily from the inner and outer surfaces of the thigh and buttocks.

Arm Lift (Brachioplasty)

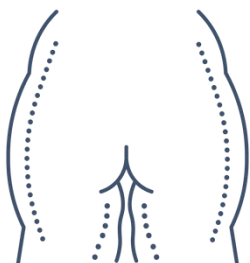


Brachioplasty procedure is a surgical reduction of excess skin from the upper arm area, usually from the under-arm area to the elbow.

A Bilateral Brachioplasty is essentially two operations (both arms) and often involves liposuction prior to removal of the redundant skin. It can help make exercising or wearing short-sleeved clothing more comfortable.

Skin Reduction procedures

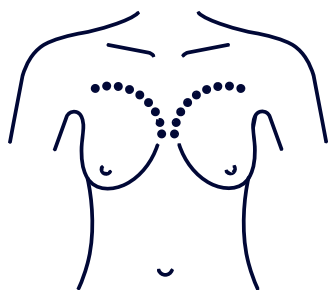
Procedures involving excess skin reduction



Lower Body Lift (Thighs, Tummy and Buttocks)

A Lower Body Lift combines a number of skin reduction procedures that tighten and reshape the buttocks, back of the thighs, outer thighs, inner thighs, hips and abdomen.

It can repair over-stretched abdominal muscles and reduce loose skin along the thighs and buttocks to significantly address those areas.



Breast Lift (with or without implants)

A Breast Lift (Mastopexy) involves the reshaping and lifting of the breasts to remedy a ptotic (sagging) appearance. This procedure can often be required for women following pregnancy, breast feeding, ageing or significant weight loss.

A Breast Lift can be combined with other surgical procedures, the most common being the placement of breast implants, to add shape and volume to the breasts as well a lift.



Breast Reduction

Also known as Reduction Mammoplasty, this procedure involves the reduction of overly large breasts by removing excess breast fat, tissue and skin to achieve a more proportionate breast size for your body. The breasts and nipples are also elevated to a more central position on the chest wall, and the size/shape of the nipple itself can be adjusted.



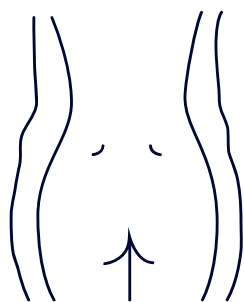
Upper Body Lift (Arms, Back and Breasts)

Upper Body Lift surgery may consist of one or several procedures, including an Upper Arm Lift, Breast Lift (or Male Breast Reduction) or surgery to remove excess skin and fat along the back. Loose, excess skin is targeted and removed from the upper body to create a tighter and less ptotic contour.

Skin Reduction procedures

Procedures involving excess skin reduction

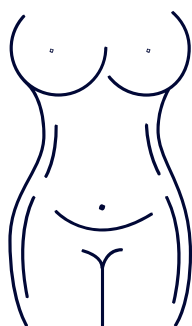
Back Lift



A Lower Back Lift and/or an Upper Back Lift may be performed to produce a narrower, more defined contour to the back by reducing excess, ptotic skin.

An upper back lift is a type of plastic surgery that aims to correct and reduce excess upper back fat and skin which are prominent around the bra line. During a lower back lift, excess skin and fat are removed from the lower back and the buttocks are lifted.

Liposuction for lower body areas



Liposuction is a surgical technique that helps improve body contours by reducing excess fat deposits located between the skin and muscle. Liposuction involves the use of a small stainless steel tube (cannula).

- The cannula is connected to a powerful suction pump and inserted into the fat through small skin incisions.
- Fat reduction is accomplished by the suction cannula creating tiny “tunnels” through the fatty layers and reducing fat cells.
- After surgery, these tunnels collapse, modifying body contours.

Facelift



Facelift Surgery can help you regain a firmer lower face or firmer jawline appearance by reducing excess skin or jowls, helping reduce some wrinkles or deep trough lines, especially if combined with other skin treatments or a neck lift.

A Facelift involves lifting the tissues of the mid and lower part of the face, as well as tightening and lifting skin and underlying muscle.



Neck Lift

A neck lift procedure lifts the back (rear) corner of the platysma muscle, drawing the surrounding tissue up, which greatly reduces looseness in the skin and underlying tissues on the neck.

When to consider Skin Reduction

What causes excess or redundant skin?

Our skin is a living organ, and it adapts to weight gain by expanding or stretching. Our skin has a limited ability to tighten once that excess weight is lost, and this depends on a number of factors.

When it comes to the extra skin you may have around your stomach, arms, thighs or back, the accumulation of fat stretches your skin tight, so when you lose that fat, your skin isn't able to snap back to where it used to be.

Over time, the elasticity of your skin weakens, and when it comes to your stomach, your abdominal muscles and connective tissue also weaken which are largely responsible for how tight and toned your abdomen is.

Many factors can contribute to excess/sagging skin, including, but not limited to:

- Significant Weight Loss or Weight
- Fluctuation
- Pregnancy
- Ageing
- Heredity Condition
- Gravity



Why doesn't skin 'snap back'?

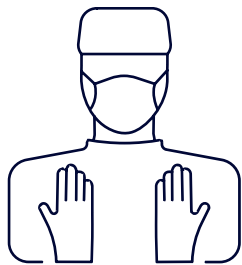
Some people are more susceptible to having redundant folds of skin. Your skin's ability to contract or "bounce back" after losing weight depends on various factors such as:

- Quality of your skin's elasticity
- Age
- Genetics
- Weight gain or loss
- Sun exposure
- Lifestyle factors
- Smoking
- Medication
- Environment

Drastic weight loss often means your skin is not fully able to adapt to your new, leaner shape. If your skin had stretched to accommodate your heaviest weight and now lacks resilience, then body contouring surgery can help.

When to consider Skin Reduction

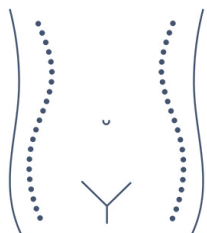
Am I a suitable candidate for excess skin removal?



- Mentally, excess skin can lead to a lack of satisfaction with your body, even after significant weight loss. The accomplishment of losing weight is sometimes diminished because it may not be reflected in the 'final result'.
- Body contouring surgery removes excess skin and adjusts the shape of specific areas of the body to improve comfort and proportion.
- Skin Reduction Surgery helps people who have lost weight by removing excess or uncomfortable folds of redundant (unnecessary) skin.
- To be considered a suitable candidate for Body Contouring Surgery, you must have realistic expectations about what can be achieved.
- You will also have scars in the treated areas although we work with you to minimise them with special skin treatments.

Common reasons for wanting body contouring

Some of the reasons you may be exploring your surgical options for excess skin removal:



- Loose redundant skin that is uncomfortable or concerning.
- Recurring skin infections such as chaffing or intertrigo.
- Improved comfort and skin hygiene.
- Feeling 'off balance' during exercise.
- Feeling uncomfortable and dissatisfied in swimwear.
- Unpleasant body odour due to moisture trapped in excess skin.
- Fear of intimacy due to current body contours.
- Inability to see your natural body curves or shape due to excess skin.
- Discomfort with the noise your skin makes as you move around or exercise.
- Difficulty finding clothing that flatters or fits you (e.g. wearing baggy clothing even though you've lost weight).

The surgical process

Surgery checklist

Before you decide on your Surgeon or proceed with Body Contouring Surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FRACS qualified & experienced Specialist Plastic Surgeon?
- Is my Body Contouring surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Body Contouring surgery can achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I willing and able to undergo an initial recovery period of approximately 4-6 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery?
- Am I patient enough to wait until all the swelling goes down before I see my final results?

Body Contouring Surgery procedures

The exact procedure time will vary depending on the type of surgery performed, and whether your surgeries are performed together or sequentially.

Combined procedures

Depending upon your individual needs and desired outcomes, Skin Reduction Surgery is entirely customised to your specific needs. Individual procedures may be combined to allow for minimised recovery times and lower theatre/hospital charges.

Dr Mark Kohout will be able to advise the best surgical approach for you, and explore your options when it comes to combining Skin Reduction procedures.

Anaesthesia

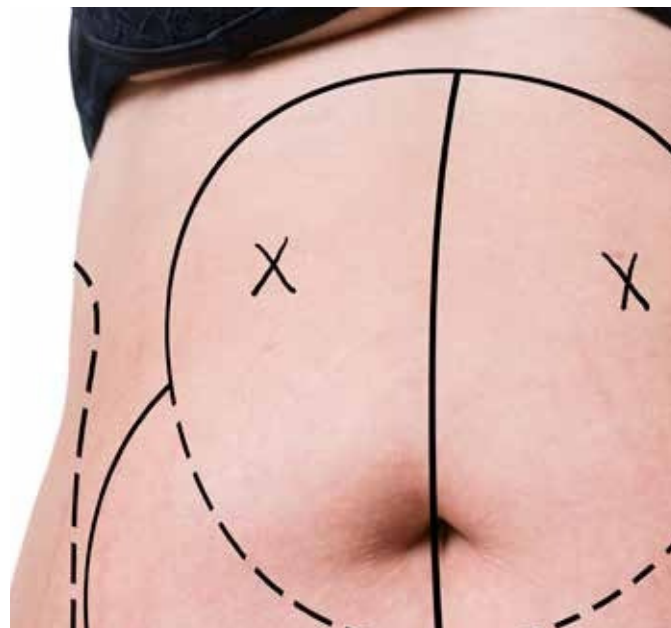
Medications and General Anaesthesia are administered for your comfort during your Surgical procedure.

The surgical process

Body Contouring Surgery procedures

Circumferential Abdominoplasty

- An incision is made that spans the entire circumference of the torso/waist line.
- Liposuction, Skin excision and other techniques are used to remove excess fat and skin in both the front and back of the body. Tightening the muscles around your abdomen with a new opening for the naval as the finishing touch
- At the end of the procedure, the incision/s are closed using sutures.



Thigh Lift/Reduction

There are multiple techniques available for a thigh lift procedure, including a thigh lift, mini thigh lift & medial thigh lift. Your Plastic Surgeon will customise your procedure to fit your specific needs and desired surgical outcome.

- Dr Kohout will make an incision into your thigh, according to the type of thigh lift to be performed.
- This incision will allow Dr Kohout to access the underlying tissues, where they will remove stubborn fat deposits and tissue. Liposuction may also be used to remove excess fat.
- Your skin will be pulled tight and your incisions will be closed with sutures. Drains may be inserted to prevent fluid accumulation and infection, although this is not always necessary.

Liposuction for lower body areas

Most liposuction procedures use a 'tumescent technique' to minimise blood loss and bruising.

- A diluted fluid of local anaesthetic and adrenaline (capillary constrictor) is injected into the fat being treated to soften the fat for easy removal which minimises swelling and bruising. Thin metallic tubes called cannulas are then inserted into the body through tiny incisions in the skin.
- The cannula is then attached to a vacuum-type device that collects the fat.
- Your chosen surgeon will make controlled motions to dislodge the fat, which is suctioned out with a surgical vacuum.
- At the end of the procedure, the small canula incisions are stitched and compression garment applied.

The surgical process

Body Contouring Surgery procedures

Breast Reduction

There are a number of different incision approaches and types of Breast Reduction surgery options available.

- An incision will be made around the areola area and vertically from the areola to the inframammary fold.
- Excess Breast Tissue, skin and fat are removed. The remaining breast tissue and nipples are lifted and repositioned higher on the chest wall if necessary.
- Liposuction may also be used to help reduce chest area skin folds and assist in giving your desired breast shape.
- After your breasts are reshaped and reduced in size, the incisions are closed using sutures.

Breast Lift (with or without implants)

There are a number of different approaches to Breast Lift Surgery (Mastopexy) depending on your level of Ptosis (Breast Sagging).

- An incision will be made into your breast tissue, depending on the type of procedure you and Dr Kohout have chosen.
- After your breasts are reshaped and the remaining skin is tightened and the incisions are closed using sutures .

Back Lift (Lower or Upper)

A lower or upper back lift may be performed to produce a firmer, more defined contour to the back and remove excess skin and tissue.

- The incision for the upper back lift is made within the confines of the back portion of the bra, while the incision for the lower back lift is made on the back above the buttocks.
- The lower back lift technique is often performed as part of the lower body lift; however, these techniques can be performed on their own as well.
- For a lower back lift, excess skin and fat are removed from the lower back and the buttocks are lifted. For an upper back lift, excess skin and fat are removed from the upper back and from beneath the bra line area.
- Once excess skin and fat is removed, the incisions are closed using sutures.

The surgical process

Body Contouring Surgery procedures



Facelift

Facelifts are highly customised procedures, with a number of different types and approaches available depending on your condition and desired results.

1. A traditional facelift incision often begins in the hairline at the temples, continues around the ear and ends in the lower scalp.
2. A Facelift involves lifting the tissues of the lower part of the face, as well as tightening and lifting skin and underlying muscle around the mid and upper neck.
3. Once the “lift” is complete, excess skin is trimmed (usually behind the ears and at the hairline), and the incisions are closed with sutures.

Neck Lift

1. A small incision will be made behind each ear, and depending on your needs, you may also have a third small incision underneath the chin.
2. Through these incisions, Dr Mark Kohout will tighten the neck muscles and/or underlying tissues and remove excess, sagging skin to restore a smoother, firmer, and more youthful appearance to the neck.
3. After excess skin and tissue has been removed, your incisions will be closed using sutures.

Arm Lift (Brachioplasty)

1. Incisions are made which run from the armpit area to variable lengths towards the elbow.
2. If the excess skin extends past the armpit and onto the chest wall, the incision is extended to incorporate this (an Extended Brachioplasty).
3. Liposuction is often used in combination with Brachioplasty surgery to reduce excess fatty tissue from the under and outer surfaces of the arm.
4. The incision edges are then closed using stitches that are beneath the skin (dissolvable sutures, so that they do not need to be removed).

Benefits of excess skin removal

The benefits of Body Contouring Surgery

Firmer, lifted and tighter body contours

The primary physical benefit of body contouring or skin reduction procedures is refining body shape by addressing areas of excess skin. For individuals who have experienced significant weight loss, loose or redundant skin can be an unexpected challenge.

Body contouring procedures aim to reshape and refine body contours, creating a more proportionate appearance following major weight changes due to bariatric surgery, pregnancy, or lifestyle adjustments.

In addition to enhancing body shape, body contouring can address excess skin that may contribute to discomfort, skin irritation, or challenges with certain physical activities.

More clothing choices

Many people who feel concerned about excess skin may choose clothing that conceals their shape or fits loosely.

Body contouring surgery can refine body contours, allowing individuals to explore a wider variety of clothing options that suit their preferences.

For those who have previously avoided fitted styles, this can provide an opportunity to feel more comfortable in garments such as tailored clothing, lingerie, or swimwear.

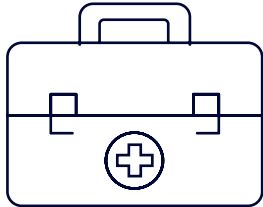
Physical activity

Excess skin can restrict your movements and ability to perform daily physical activities or exercises.

The removal of excess skin not only has many obvious physical and psychological benefits, but it can also help you to exercise and move around more freely.

Being able to participate in physical activity without excess skin affecting your movement may also help to keep excess weight off and maintain your surgical outcomes.

Recovery and healing



Post-operative recovery

Recovery times can vary significantly from person to person. The length of your recovery period will depend on your specific procedure/s and other health & lifestyle factors.

The general rule is that you should allow 4-6 weeks for initial recovery following each surgery. Scar maturation often takes up to 12 months or longer. You will need to work with Dr Mark Kohout to allow for adequate and proper healing time. Be sure to consult with the team before returning to daily activities such as driving, lifting and exercise.

It is also important to wear your post-operative support/compression garments throughout your recovery period for the required time frames - these will be provided to you by Dr Kohout. Good results depend on a collaborative approach and a healthy lifestyle. You will need to be willing to follow the specific instructions given to you by Dr Kohout, and attend all post-operative appointments.

Maintaining results

Please keep in mind that your results from Skin Reduction surgery are likely to be impacted by changes in your diet, your skin health or Body Mass Index (BMI)/weight.

Skin may be stretched and become loose again if your weight fluctuates after your Skin Reduction procedures. To maximise the longevity of your Skin Reduction Surgery results, it is important to maintain a healthy, nutritious lifestyle.

Scar minimisation & healing

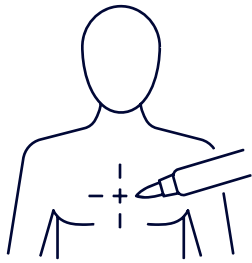
Once bruising after surgery resolves and your initial swelling has gone down, you may begin to focus more on your incision line treatments.

Scarring following Skin Reduction Surgery will vary depending on your chosen procedure/s. When possible, Dr Kohout will complete the necessary surgical incisions in areas where scarring is likely to be less noticeable.

Any scarring as a result of your Skin Reduction procedure will pass through phases, and you will notice a gradual improvement over time.

As your scar matures (which can take up to 12 months), additional therapy may be required to assist in the minimisation of the scar such as Fraxel Laser or Healite Low Level Light Therapy. Be sure to discuss the options available for scar minimisation with your chosen Surgeon.

Frequently asked questions



What level of pain should I expect post-surgery?

Discomfort after surgery is subjective to each patient based on their perception and sensitivity to pain.

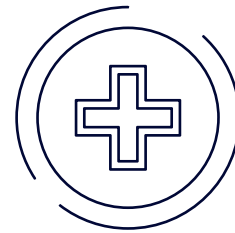
Fortunately most pain experienced during your healing period, particularly in the days just following your Surgery, can be managed by following Dr Kohout's recommendations and post-surgery instructions precisely.



What steps can be taken to minimise pain?

Dr Kohout is dedicated to keeping you as comfortable as possible during your pre-operative sessions, your surgical procedure and your healing & recovery time following surgery.

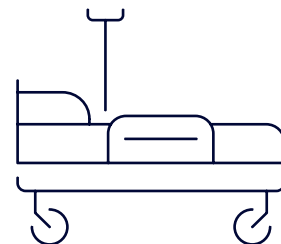
A Recovery Pack is provided to patients which includes products proven to accelerate your healing.



Will I need to stop smoking prior to my surgery?

Healing is compromised by people who smoke. If you are not yet a non-smoker, Dr Kohout will advise you to stop smoking at least 6 weeks prior to your scheduled surgery date.

Patients must refrain from smoking as the nicotine in tobacco products decreases the oxygen that is carried in your blood to your skin to help heal your surgical incision/s. Patients who smoke have delayed healing and increased wound complications.

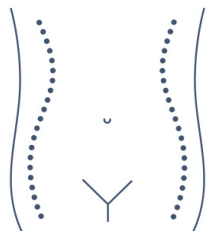


Will I need to stay in Hospital overnight after surgery?

An overnight stay is often required after most Skin Reduction procedures.

Dr Kohout will be able to advise if an overnight stay is recommended for you.

Frequently asked questions



How long will my Body Contouring results last?

The longevity of a Body Contouring procedure depends on both patient and surgical factors including, but not limited to, skin elasticity, weight fluctuations, lifestyle factors, gravity and the type of Skin Reduction surgery you have.

People with poor skin elasticity due to genetics, age, sun damage or significant weight loss will have a higher likelihood of their skin sagging sooner than those with good skin elasticity.

Recurrent weight loss and future pregnancies may also impact your surgical results and cause excess or ptotic skin to return.

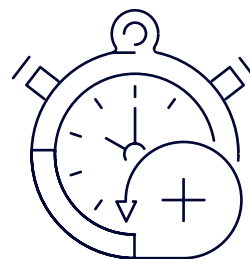
The type of Body Contouring procedure/s you have, as well as the surgical approach may also impact on the longevity of your results.

This is something you will need to take into consideration when planning your individual surgery with your chosen Surgeon.

Will I be able to breastfeed after a Breast Lift/Reduction?

Surgery is best done after you have completed your family as pregnancy and breast feeding can effect your Breast Lift or Breast Reduction Surgery results.

Having Breast Lift or Breast Reduction surgery does not always interfere with breast feeding in later years, although there is never a guarantee. Many women have been able to breast feed after a Breast Lift or Breast Reduction, but ensure that you discuss the risks with Dr Kohout and how he or she can minimise them where possible.



When can I return to work after Body Contouring surgery?

The time taken to recover before returning to work or other daily activities, such as driving, often varies from patient to patient, and will be dependent on the type of procedure/s you have, as well as the type of work undertaken.

Typically most patients find they can return to work 2-3 weeks following surgery. This can vary significantly and is only a general guide.

Your Plastic Surgeon will be able give you personalised advice on when you can return to work and other activities.

Frequently asked questions

How much does a Skin Reduction procedure cost?

Dr Mark Kohout can offer you a price range for your surgery depending on the type of procedure/s and other contributing factors.

At your initial consultation, you will be given a detailed Quote for your chosen procedure. This will include a Specialist Plastic Surgeon's fee, Anaesthetist fee, Surgical Assistant fee and the Hospital fees.

An approximate range of out-of-pocket expenses for your surgery can be provided over the phone from a Patient Care Advisor.



Will pregnancy affect my surgery results?

Women who are thinking about future pregnancies are typically advised to delay having Skin Reduction Surgery until after they have finished having children and their family is complete.

This is because of the large changes the body goes through during pregnancy, which may have adverse effects on the results of surgery.



What can I expect at my initial consultation?

- At your initial appointment with Dr Mark Kohout you will typically:
- Have your photos taken
- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your surgery
- Go through the possible risks and complications associated with your procedure/s
- Find out about surgery pricing and available dates
- Have all of your questions answered

Unanswered questions?

For a bigger list of FAQs and more information on the surgical process, visit our website.

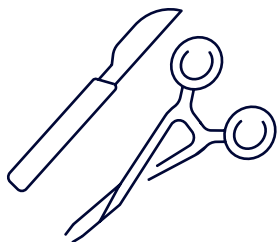
You can also talk to a Patient Care Advisor to answer your questions from 9am-5pm Monday through to Friday.

Choosing the right Surgeon

Plastic vs. Cosmetic Surgeons

Not all Surgeons have the same experience or intensive training and testing qualifications. Be sure you learn the differences between a Plastic Surgeon and a General Surgeon, Cosmetic Doctor or other type of Surgeon.

Anyone with an MBBS Qualification (Bachelor of Medicine or Surgery) can call themselves a 'Cosmetic Doctor', however they may not have had the minimum 12 years experience and rigorous training that is required to become a Plastic Surgeon.

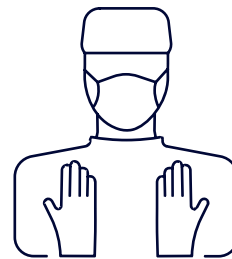


Qualifications & Experience

It is important to research a Surgeon's qualifications and experience before deciding on the Surgeon who will perform your procedure.

It is highly recommended that you choose a Specialist Plastic Surgeon who is accredited by a recognised association AND performs surgery in an accredited Hospital rather than a 'back room'. Look for members of FRACS, ASPS, ASAPS or ISAPS as some of the qualifications of your Plastic Surgeon.

It may also be helpful to consider the recommendations of your friends & family, to have a better understanding of a Surgeon's experience and previous outcomes.



Optimise your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a cheaper option for your surgery, choosing a highly qualified, experienced Plastic Surgeon who practices in Australia should always be a higher priority than the price tag. Your life is valuable.

Corrective Surgery can be extremely costly, painful and does not guarantee the results you originally wanted as not everything can be fixed. Whilst a cheaper option might look better for your wallet, it won't guarantee great results and many patients actually end up spending more than they bargained for on Corrective Surgery in an attempt to fix the mistakes of a less experienced surgeon.

So, what should I look for?

- A local Specialist Plastic Surgeon, with the appropriate qualifications and recognised associations.
- A Surgeon who operates in an accredited hospital, not in the back-room of a clinic.
- Proven experience & examples from real patients or recommendations from your friends, family or GP.

About Dr Mark Kohout

Specialist Plastic Surgeon

FRACS (Plast) MED0001133000

Dr Mark Kohout is a highly respected Specialist Plastic Surgeon based in Sydney with over 25 years of experience in the field of plastic and reconstructive surgery. He is known for his compassionate approach, commitment to patient care, and exceptional surgical skills. Dr Kohout offers a wide range of plastic and cosmetic procedures, with special expertise in breast surgery, body contouring, and facial plastic surgery. He performs breast augmentations, lifts, and reductions, as well as male breast reduction (gynecomastia). His body contouring skills includes tummy tucks, body lifts, and thigh reductions. Additionally, he has extensive experience in facial plastic surgery, such as facelifts, neck lifts, eyelid surgery, and otoplasty. Dr Kohout is also skilled in female genital surgeries, including labiaplasty and vaginoplasty.

Experience / Qualifications

Dr Kohout earned his MBBS from the University of Sydney and an MS from the University of Melbourne. He trained extensively in plastic surgery across Great Britain, Australia, and the U.S., including Harvard Medical School. Co-founding Australia Plastic Surgery in Sydney, he continues to deliver exceptional care.

Media and Television

- The Biggest Loser
- Ultimate Transformations
- Bodyworks



Professional Associations

- The Royal Australasian College of Surgeons (FRACS)
- Australian Society of Plastic Surgeons (ASPS)
- Australasian Society of Aesthetic Plastic Surgery (ASAPS)

Commitment to Patients

Dr Kohout views cosmetic plastic surgery as a blend of art and science, emphasizing individualized care to meet each patient's unique needs. He provides detailed consultations to ensure patients are informed and comfortable with their decisions.

Committed to excellence and patient satisfaction, Dr Kohout tailors his techniques to achieve natural looking results that enhance confidence and well-being.



FRACS



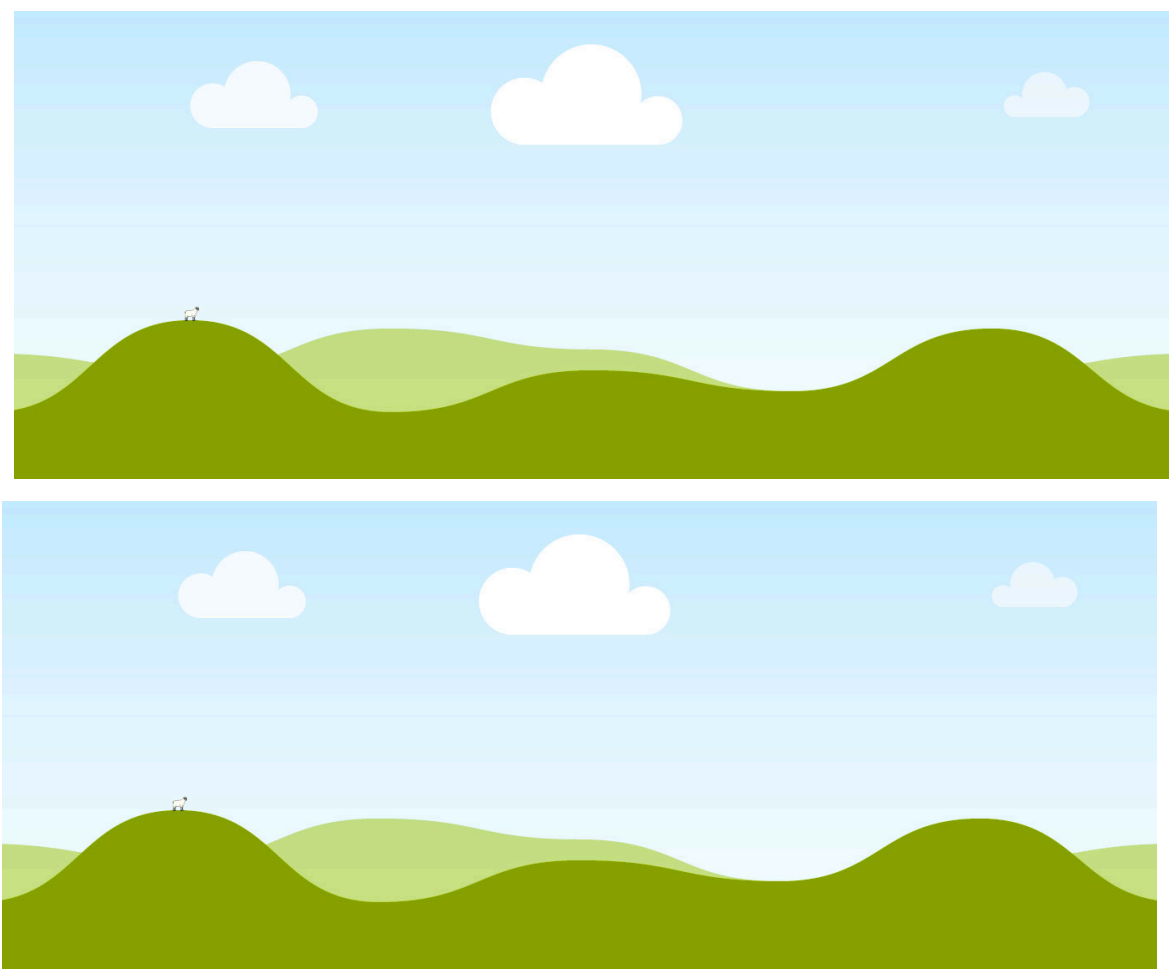
Australasian Society
of Aesthetic Plastic Surgery



Before and Afters

Dr Kohout Plastic Surgeon

View all of Dr Kohout’s past patient before and after photos on our website <https://australiacosmeticclinics.com.au/body-surgery-gallery/>



Dr Mark Kohout (MED0001133000) a Registered Medical Practitioner, Specialist Plastic Surgeon. All surgical or invasive procedures carry risks and complications. We recommend seeking a second opinion from an appropriately qualified medical practitioner before proceeding with any surgery.



FRACS



Australasian Society of Aesthetic Plastic Surgery



Your next steps...



Get in touch

Schedule a confidential consultation with Dr Kohout by phone or by sending us an enquiry via our website.



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Join our online community



Find us at **/drmarkkohoutplasticsurgeon** to keep up with the latest in Plastic Surgery and Clinic news.



Follow **@drmarkkohout/** on Instagram for more information, insightful updates and real patient before and after images.

General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients. © Copyright 2024 | All Rights Reserved | Policies | AHPRA Registration: Dr Kohout MED0001133000 Specialist Plastic Surgeon