

COSMETIC *surgery procedures* AT SOCH

Jennifer Wasacz, 33, and her husband Sean had always wanted a large family. Since moving to Manahawkin from northern New Jersey following their marriage eight years ago, the couple has been blessed with four children, and also finds time to be foster parents.

"I had four children in five years," said Jennifer, who developed loose abdominal skin as a result of the multiple pregnancies. "No matter how much I exercised or dieted, the huge layer of skin just wouldn't go away."

Although she has never struggled with a weight problem, Jennifer suddenly became self-conscious about her figure. She took to wearing her husband's large t-shirts in an effort to hide what she felt was a noticeable bulge in her abdomen. On the advice of a friend, Jennifer sought the expertise of **Dr. Randall Volk**, a plastic surgeon on the medical staff of SOCH, who recommended abdominoplasty, commonly known as a "tummy tuck".

According to Dr. Volk, a tummy tuck is a surgical procedure used to remove excess skin and fat from the middle and lower abdomen and to tighten the muscles of the abdominal wall. "The best candidates for this surgery are men and women who are in good health and good shape but are bothered by a large fat deposit or loose skin that won't respond to diet or exercise," Dr. Volk explained. "The surgery can be particularly beneficial for women like Jennifer, who, because of multiple pregnancies, have stretched their abdominal muscles and skin beyond the point where they can return to normal."

During her consultation last May with Dr. Volk, Jennifer also discussed the benefits of having liposuction to remove unwanted



Jennifer Wasacz, a mother of four, benefited from plastic surgery at SOCH. She is pictured here with her youngest daughter, Emma, age 2

fat from her legs. According to Dr. Volk, liposuction is a procedure used to recontour one or more areas of the body by removing localized deposits of fat.

"Good candidates for liposuction are normal weight people with firm, elastic skin who have pockets of excess fat in certain areas," said Dr. Volk. "I also want to make sure my patients are physically healthy, and realistic in their expectations about the procedure. Jennifer met all of these criteria."

On the morning of August 28, 2006,

Jennifer arrived at SOCH for the tummy tuck and liposuction. The surgery, which was performed on an outpatient basis, took about four hours. Following the surgery, her husband took care of the kids while she spent a week at her mother's home getting the rest she needed.

According to Dr. Volk, following tummy tuck

surgery, patients will need to have small drainage tubes inserted under the skin for a few days to prevent fluid build up. For both liposuction and tummy tuck surgery, patients benefit from wearing a support garment for several weeks to control swelling and to help the skin to better fit its new contours.

Dr. Volk performs a number of cosmetic procedures designed to help enhance a person's appearance and self esteem.

Today, Jennifer looks and feels great. "My stomach is completely flat and my self-confidence is so much better," she said. "I can wear normal women's clothing again!"

Dr. Volk performs a number of cosmetic procedures designed to help enhance a person's appearance and self-esteem, however, he says that not everyone is an appropriate candidate for plastic surgery. "It's important for people to talk at length with their plastic surgeon to learn about the different types of procedures and techniques available so that they can determine if plastic surgery is right for them," he said. Dr. Volk is a Diplomate of the American Board of Plastic Surgery, a member of the American Society of Plastic Surgeons and a Fellow of the American College of Surgeons.

For referral to a plastic surgeon at SOCH, call SOCHConnect at 609-978-3400.



*Randall Volk, MD
plastic surgeon at SOCH*