

# Dear Doctor McCollough

## Educating The Public About Appearance-Enhancing Options

By E. Gaylon McCollough, MD, FACS

**Dear Doctor: I am familiar with your work in the facial area. I am interested in the following: eye lift, chin liposuction, tummy tuck, liposuction of legs and arms, and breast lift. I am in the process of losing weight. I have lost 14 pounds but would like to lose about 40 more before my surgery. I remember that from a prior phone call, I can send a picture of my facial profile and he can give me a general idea of what would need to be done. I saw that other doctors in your practice do breast and body work. Does your firm handle all of the things I'm considering having done?**

Dear Reader: First of all, we do recommend that if you are planning to lose more than 15 pounds, you do so prior to your surgery. This is because there may be excess skin after the weight loss that is not apparent now, that may need to be removed during the surgical procedure.

You are correct in your recollection of our policy regarding sending in pictures so that either I or my colleagues may evaluate the photograph and make recommendations based on what we see. Send those pictures directly to me at [drmccollough@mccolloughinstitute.com](mailto:drmccollough@mccolloughinstitute.com). I will be happy to review those and if you include your telephone number, I will call you back and speak with you regarding my recommendations. Sending in pictures ahead of time shortens wait time and often avoids unnecessary travel.

I perform only facial and nasal plastic surgery. My colleagues, Dr. Metzinger, Dr. Patterson, and Dr. Petro, perform total body plastic and reconstructive surgery here at the clinic. They perform every procedure you are inquiring about and many more. Here at the clinic we can take care of your every need from start to finish in regard to your surgery. In many cases both facial and body procedures are performed at the same time, thereby reducing costs and recovery time. Our staff is comprised of surgeons from varying backgrounds and interests. Most of our surgeons are internationally recognized in their respective fields of study.

Experience has taught us that multiple procedures involving the face and body are best managed by an “inter-disciplinary approach”.

If you would like any more information on this or other health related topics, call the McCollough Institute for Appearance and Health at 251-967-7600, email [info@mccolloughinstitute.com](mailto:info@mccolloughinstitute.com) or visit our website [www.mccolloughplasticsurgery.com](http://www.mccolloughplasticsurgery.com). If you would like to ask Dr. McCollough a question, please submit the question using our online contact form at <http://www.mccolloughplasticsurgery.com/contactus.html>.