

Florida Plastic Surgeon Dr Kris Reddy reviews plastic surgery procedures for patients in their 30s

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Nov. 11, 2010 - [PRLog](#) -- Summary: This press release informs the readers that Dr. Kris Reddy Reviews Plastic Surgery for Patients in their 30s

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Nov 03rd, 2010

While each patient matures differently and has a different set of needs, she or he frequently want to know how their request compares to their age group.

Women and Men in their 30s often try combat lifestage and lifestyle issues such as giving birth and slowing metabolism.

By the time women and men hit their 30s, they typically find that their bodies don't respond to diet and exercise the way they did in the teens and 20s. Women who have had children may experience difficulty ridding their body of the excess skin and fat that accumulated during pregnancy. A slowing metabolism can result in pockets of fat that become more difficult to remove through diet and exercise. Body contouring techniques are designed to target problem areas, and can effectively tighten and refine specific areas of the body.

For both women and men in their 30s, slowing metabolism can lead to the formation of unwanted deposits of fat which can easily be removed through a variety of body contouring plastic surgery procedures.

Liposuction is ideal for removing excess fat from almost any area of the body, while a tummy tuck can provide outstanding, waist slimming results for those with excess skin around the midsection.

Tummy tuck and liposuction are popular procedures among women with residual pregnancy weight who like to regain their slim figures. Pregnancy and breast feeding can also affect the shape and volume of the breasts, which many women choose to restore through breast lift or breast augmentation procedures. Since skin retains much of its natural elasticity and thickness into a person's 30s, body contouring plastic surgery procedures yield better results than they would if performed on someone in his or her 40s, 50s, or beyond.

Many women after giving birth are trying to regain their self-confidence in their body. They then choose a "Mommy Makeover," which is a combination of breast enhancement and body contouring procedures.

During his free and private consultations, Dr. Kris Reddy, board certified plastic surgeon, suggests and educates his patients on the plastic surgery process and the procedure. Moreover, Dr. Kris Reddy will listen and understand your goals, and tailor solutions to meet your objectives and lifestyle.

Dr. Kris Reddy is a board certified plastic surgeon and a liposuction expert. With a vast experience of over 30 years, Dr. Kris Reddy has developed expertise in aesthetic plastic surgery and cosmetic procedures as a West Palm Beach plastic surgeon and cosmetic surgeon. Dr. Reddy is the only board certified plastic surgeon to be a Fellow of American and International College of Surgeons in Palm Beach County, Florida.

Dr. Reddy is also a member of the American Society for Aesthetic Plastic Surgery. Dr. Kris Reddy generally performs his surgeries on an out-patient basis in his AAAASF nationally accredited center utilizing MD Anesthesiologists, if anesthesia is necessary. Dr. Kris Reddy personally performs all botox and filler injectable procedures.

Due to his excellent services, Dr. Kris Reddy continually receives excellent patient reviews and great patient ratings. Dr. Reddy draws patients from throughout the world and South Florida including West Palm Beach, Palm Beach, Fort Lauderdale, Boca Raton, Delray Beach, Boynton Beach, Palm Beach Gardens, Jupiter, etc. As his patient, you can be assured that Dr. Reddy and his experienced staff will provide you with excellent care.

For further information, please browse through www.drkrisreddy.com.

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Board Certified plastic surgeon Dr Kris Reddy reviews the latest developments in plastic surgery and advances in surgical procedures. Dr. Reddy is a Fellow of American and International College of Surgeons. Dr. Reddy is also a member of ASAPS.

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Zip	33406
Country	United States
Industry	Medical
Tags	West Palm Beach Mommy Makeover , West Palm Beach Breast Enhancement , West Palm Beach Body Contouring , Tummy Tuck , Lipo
Link	https://prlog.org/11064346



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