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Keyword: Gary A. Vela, M.D.

10-60 Word Biographies

1. Gary A. Vela, M.D.: Body Contouring Surgery

Many renowned surgeons, like Gary A. Vela, M.D., offer body contouring surgery to individuals who are proper candidates for the surgery. Body contouring is for people who need to have excess skin removed or reconfigured because of significant weight loss from surgery or through diet and exercise. Surgeons understand the negative psychological impact excess skin can have on these individuals, and the positivity that can come from reconstructive surgery.

2. Gary A. Vela, M.D: Tummy Tuck (abdominoplasty)

Cosmetic surgeons, like Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, often perform a procedure known as a tummy tuck. This procedure removes excess fat and skin from the abdominal area, and restores weakened or separated abdominal muscles, resulting in a flatter, firmer abdomen. Tummy tucks are a viable option for people who have lost significant amounts of weight in the abdominal area due to excessive weight loss through surgery or dieting. Extensive, significant weight loss can often result in sagging, loose skin that needs to be tightened.

4. Gary A. Vela, M.D: Breast Lift Surgery

Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, is known for his extensive experience in breast lift surgeries, cosmetic procedures that help reshape the breast without the removal of tissue. Breast lifts can temporarily provide an improved breast shape and youthful appearance. The breast's skin is tightened to improve overall shape, and the nipple-areola section is moved to an ideal location.



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5. Gary A. Vela, M.D: Body Lift Surgeries

Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, has an extensive amount of experience with body lift surgeries. Many people who lose massive amounts of weight through dieting and exercise, or through weight loss surgeries, often have excess, sagging skin; surgery is the only way to correct this situation. A body lift consists of three sections, lower, middle, or upper body lift; all three procedures can be combined for a full body lift.

6. Gary A. Vela, M.D: Psychological Benefits of Plastic Surgery

Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, advocates for the emotional and psychological benefits of body contouring procedures. Emotional benefits to plastic surgery can include dealing with past trauma, enjoying higher levels of self-esteem, and a having happier, more positive attitude toward life. Individuals who have undergone plastic surgery can benefit emotionally because the procedure helps them to leave the past behind and start a new life.

7. Gary A. Vela, M.D: Prestige Plastic Surgery LLC

Gary A. Vela, M.D., is the founder and owner of Prestige Plastic Surgery LLC, located in Columbia, Maryland. Vela's practice provides a variety of plastic, reconstructive, and cosmetic surgeries to patients. Vela founded the practice after many years of practicing plastic surgery because he wanted his patients to get the results they wanted and to become more confident individuals. Dr. Vela and his staff are able to give clients more self-esteem and positivity through these surgical procedures.

8. Gary A. Vela, M.D: Breast Implants/Augmentation Surgery

Prominent cosmetic and reconstructive surgeons, like Gary A. Vela, M.D., founder and owner of Prestige Plastic Surgery LLC, perform many breast augmentation surgeries per year. Breast augmentation is one of the most popular types of cosmetic surgery. These procedures involve restored shape and volume after pregnancy; improved shape, symmetry, and appearance; and enhanced contouring. This surgery can also give the patient an increased sense of self-esteem



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9. Gary A. Vela, M.D: Arm Lift Surgery

Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, offers arm lift surgery for patients who have excess loose, drooping skin under their arms. Arm lift surgery removes the skin that has lost its elasticity, and reshapes the skin to produce a more toned appearance. With general exercise and stable weight management, arm lift surgery should provide satisfactory, permanent results for the patient.

10. Gary A. Vela, M.D: Brazilian Butt Lift Surgery

Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, frequently performs butt lifts on his clients. The less invasive and intensive option for this procedure is the Brazilian butt lift, which requires tiny incisions accompanied by liposuction to lift the buttocks. The Brazilian butt lift provides a more realistic look than traditional butt lift surgeries because the procedure is done with human tissue as opposed to silicone implants or synthetic fillers.

18-250 Word Blog Posts

1. Gary A. Vela, M.D: Body Contouring Surgery

Body contouring is a procedure that many renowned surgeons, like Gary A. Vela, M.D., offer to individuals who are proper candidates for the surgery. In general, body contouring is geared toward people who have experienced significant weight loss or weight loss through surgery, and who need to have excess skin removed or reconfigured.

The majority of people who seek body contouring surgery are over the age of 40, and the whether the surgery is necessary depends on where the individual carried the majority of his weight. Losing 50 pounds that was concentrated in a specific area may result in sagging, excess skin; losing 100 pounds that was more evenly distributed throughout the body is less likely to cause a surplus in sagging skin. Regardless, the individual who has an immense amount of drooping skin after weight loss must look to surgery to correct the situation if he so chooses.



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Bariatric doctors warn surgical candidates of concerns that may be associated with body contouring surgery. Wound infections, excess bleeding, reopening of wounds, and loosening of newly tightened skin can result in the need for a second surgery. Waiting at least a year between weight loss surgery and body contouring surgery appears to cut the chances of these complications significantly.

Board certified surgeons like Gary A. Vela, M.D., recognize the aesthetic and psychological desire for many weight loss patients to consider body contouring as a final step to feeling better about themselves on the inside and the outside. The American Society of Plastic Surgeons noted that in 2014 over 44,000 body contouring surgeries took place, emphasizing the upward trend in this type of surgical procedure.

Sources: <http://www.plasticsurgery.org/Documents/news-resources/statistics/2014-statistics/body-contouring-after-massive-weight-loss.pdf>

<http://www.webmd.com/beauty/treatments/the-facts-about-body-contouring-surgery?page=3>

2. Gary A. Vela, M.D: Body Contouring Surgery After Weight Loss Surgery

Many prominent cosmetic and reconstructive surgeons, like Gary A. Vela, M.D., owner of Prestige Practice Surgery LLC, know the difficulty weight loss surgical patients can continue to experience in regard to how they feel and look post-surgery. Depending on how much weight was lost and where, some patients are left with excess drooping skin that can emotionally and psychologically impact their recovery. Surgeons like Dr. Vela offer body contouring surgeries to assist those individuals who want to remove the surplus skin from their bodies.

The best time for individuals to consider body contouring surgery is at least one year after their weight loss surgery so as to allow the body to stabilize at a certain weight. This also gives patients time to create and implement a consistent nutrition plan; individuals with lower Body Mass Index (BMI) tend to have fewer complications from body contouring surgery. Aside from nutritional concerns, people considering this surgical procedure need to be non-smokers. Additionally, those patients contemplating



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body contouring should prioritize what they want from the procedure and make sure they communicate those priorities to the surgeon.

Gary A. Vela, M.D., and other respected cosmetic surgeons also advise that people considering body contouring surgery work with board certified surgeons only. Contouring and sculpting of the body post-weight loss surgery should be handled by experts in the field who have extensive experience with these types of procedures. The American Society of Plastic Surgeons provides an updated list of surgeons whom patients can verify as certified. Individuals can also examine a surgeon's credentials through this list.

Sources: <http://www.prestigeplasticsurgery.com/plastic-surgery-faq-baltimore/>

<http://www.upmc.com/Services/life-after-weight-loss/Documents/the-bariatric-patient-guide.pdf>

3. Gary A. Vela, M.D: Cosmetic Surgery General

Cosmetic and reconstructive surgeons, like Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, are trained to work with and perform surgical operations on individuals who need or desire to change and resculpt some aspect of their bodies. Unlike plastic surgery, cosmetic surgery is about improving a patient's appearance, with proportion, symmetry, and visual appeal as the core goals. Cosmetic surgery is an entirely optional procedure because the areas treated are all functioning properly.

Cosmetic surgery procedures include the following: skin rejuvenation (Botox, resurfacing), facial contouring (chin and cheek restructuring), facial rejuvenation (facelift), breast enhancement (augmentation, lift, reduction), and body contouring (liposuction, tummy tuck). These procedures should only be performed by board accredited physicians who have completed the training put forth by the American Board of Cosmetic Surgery. Cosmetic surgery training takes place after a medical student has completed her residency training, and is followed by a one-year fellowship training focused exclusively on cosmetic surgery. Fellowship training involves candidates learning all forms of cosmetic surgery by performing a minimum of 300 individual cosmetic surgeries. Individuals who are considering cosmetic surgery need to thoroughly investigate their potential surgeon and make sure that he is experienced and accredited.



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Gary A. Vela, M.D., and other certified, experienced cosmetic surgeons suggest that individuals be sure that their surgeon is qualified in the particular procedure they are considering. They need to examine the doctor's overall credentials (including residency and post-residency), training, experience, and proven ability in the specific areas of cosmetic surgery that apply to the individual's situation.

Sources: <http://www.americanboardcosmeticsurgery.org/patient-resources/cosmetic-surgery-vs-plastic-surgery/>

4. Gary A. Vela, M.D: Plastic Surgery General

Cosmetic and reconstructive surgeons, such as Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, are experienced in both cosmetic and plastic surgery. Unlike cosmetic surgery, which is concerned primarily with elective physical improvements, plastic surgery focuses more on repairing defects and reconstruction to achieve normal appearances and functions. Reconstructive in nature, plastic surgery addresses body and facial defects attributed to birth, burns, disease, and other traumas.

Plastic surgery encompasses the following procedures: scar revision surgery, lower extremity reconstruction, hand surgery, breast reconstruction, congenital defect repair (cleft palate, extremity defect repair), and burn repair surgery. Surgeons who are board certified in plastic surgery must have completed a post-graduate residency program. This includes a general residency requirement plus two years residency in plastic surgery alone. These residency programs may offer some training in an area of cosmetic surgery, but plastic surgeons are generally not trained in all aspects of cosmetic procedures.

Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, and other board certified reconstructive and cosmetic surgeons stress the differences between the two studies. Some surgeons, like Vela, have experience in both cosmetic and plastic surgical areas. Cosmetic surgeons work toward the aesthetic aspects of the patient's feelings and appearance, while plastic surgery is often used for those people who have suffered debilitating circumstances that make reconstruction of one or more body parts imperative for function and appearance. With both types of surgeons, patients are encouraged to carefully investigate the surgeon's credentials and experience, and make sure he or she is board certified.

Source: <http://www.americanboardcosmeticsurgery.org/patient-resources/cosmetic-surgery-vs-plastic-surgery/>



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5. Gary A. Vela, M.D: Tummy Tuck (abdominoplasty)

Cosmetic surgeons, like Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, often perform a procedure called abdominoplasty, otherwise known as a tummy tuck. This cosmetic surgery helps to remove excess fat and skin from the abdominal area, and can help restore weakened or separated abdominal muscles. The result is a flatter, firmer midsection.

Many people strive for a flat, toned stomach but find that despite diet and exercise, they aren't able to achieve the results they want. Stomach sagging or looseness can be caused by a variety of factors, including heredity, prior surgery, aging, and pregnancy. In particular, tummy tucks are an option for people who have lost significant amounts of weight in the abdominal area and have sagging, loose skin that needs to be tightened. The surgery itself takes between one and five hours, and does involve an overnight hospital stay. General anesthesia is used on the patient for this procedure.

Gary A. Vela, M.D., and other cosmetic and reconstructive doctors also discuss the side effects and possible complications that can occur post-procedure with their clients. The patient will be in pain and have swelling for days after the surgery, and can be sore for months afterwards, or experience numbness, bruising, and fatigue. There are rare instances of blood clots, infection, and bleeding beneath the skin flap. Patients should also be aware that this procedure will leave scars that may or may not diminish over time. Despite these occasional side effects, many people who undergo a tummy tuck procedure are happy with their overall results.

Sources: <http://www.webmd.com/beauty/tummy-tuck/cosmetic-procedures-tummy-tuck>

<http://www.plasticsurgery.org/cosmetic-procedures/tummy-tuck.html>

<http://www.prestigeplasticsurgery.com/body-procedures-baltimore/abdominoplasty/>

6. Gary A. Vela, M.D: Positive Emotional Aspects of Plastic Surgery

Reconstructive and cosmetic surgeons, like Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, tout the emotional and psychological benefits of body contouring procedures as much as they do the physical benefits. It's much easier to see the physical benefits post-surgery, but the emotional benefits, while harder to see, may in many ways be just as if not more important than the procedure itself.



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Emotional benefits to plastic surgery can include dealing with past trauma, enjoying higher levels of self-esteem, and a having happier, more positive attitude toward life. Individuals who have undergone plastic surgery can benefit emotionally because the procedure helps them to leave their past behind, a past that could have been filled with humiliation, embarrassment, mockery, and bullying. Self-esteem can be lifted by plastic surgery as many patients will be able to feel more confident about being around people, helping them to socialize more. They may also have a more positive approach to life in general, being more willing to try new things or take risks.

Gary A. Vela, M.D., and other prominent surgeons are aware of the positive emotional impact that plastic surgery can have on people. The Center for Human Appearance at the University of Pennsylvania School of Medicine found that 87% of plastic surgery patients reported satisfaction with their results, including being happier with their overall body image. Vela and other doctors advise patients to be sure to investigate the background, experience, and credentials of their surgeon to ensure that they will be happy with the outcome of the procedure, both physically and emotionally.

Sources: <http://www.drspiegel.com/2015/06/the-positive-emotional-steps-post-plastic-surgery/>
<http://www.apa.org/monitor/sep05/surgery.aspx>

7. Gary A. Vela, M.D: Body Lift Surgery

Successful cosmetic surgeons, like Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, have an extensive amount of experience with body lift surgeries. Many people who either lose massive amounts of weight through dieting and exercise, or through weight loss surgeries, find themselves with excess, sagging skin that only further surgery can correct. A body lift consists of three sections, upper, middle, or lower body lift; all three procedures can be combined for a total, or full body lift.

Body lifts allow for the improvement in tone and shape of the underlying tissue that supports skin and fat. The procedure can often be sued for the removal of dimpled skin, or cellulite. Body lifts often address key problematic areas: the thigh (outer, inner, posterior, or circumference), buttocks (flat, low, shaped unevenly), abdominal area (stomach, sides, lower back), and groin (sagging into inner thigh). Many individuals may choose body lifts because of significant weight loss, or because of issues in body contour due to aging, pregnancy, genetics, or sun damage as all of these can factor into the loss of skin elasticity.



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Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, and other prominent cosmetic and reconstructive surgeons offer body lifts to patients in a highly individualized form. Body lift surgery is very customizable to the goals and desires of the patient. Candidates for this procedure need to be in good health, be committed to a lifestyle of nutrition and exercise, and be in excellent mental health as this procedure can be a length and emotional one.

Sources: <http://www.docshop.com/education/cosmetic/body/body-lift>

<http://www.plasticsurgery.org/cosmetic-procedures/body-lift.html>

8. Gary A. Vela, M.D: Arm Lift Surgery

Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, and other certified reconstructive and plastic surgeons, offer arm lift surgery (brachioplasty) for patients who have excess loose, hanging skin under their arms. Arm lifts can remove the skin that has lost its elasticity, and reshape the skin under the arm to produce a more toned, youthful appearance.

Candidates for arm lift surgery are often ones who have excess skin hanging from under their arms that exercise and weight training cannot address. These may be individuals who have lost substantial weight through weight loss surgeries, or may be people who are dealing with aging or genetic issues. Arm lift surgeries tend to be outpatient procedures and take one to two hours to complete. Incision length and size is dependent upon the amount of skin being removed. With stable weight management and general exercise, the results from an arm lift should be permanent.

Many renowned and successful plastic and cosmetic surgeons, like Gary A. Vela, M.D., advise patients who are considering arm lift surgery to meet the criteria for surgical candidacy. Patients should have significant excess skin under their arms, have a relatively stable weight and not be overweight, have a positive attitude and realistic expectations, and be in an overall healthy condition. Individuals who are candidates for surgery should be aware of side effects, such as bruising, swelling, scarring, seromas,



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numbness, and hematomas. All candidates should be sure that their surgeon is accredited, and closely examine his or her experience and credentials before deciding on the procedure.

Sources: <http://my.clevelandclinic.org/cosmetic-plastic-surgery/procedures/body-contouring/arm-lift>

<http://www.palisadeplasticsurgery.com/procedures-2/brachioplasty/>

9. Gary A. Vela, M.D: Breast Implants/Augmentation Surgery

Prominent cosmetic and reconstructive surgeons, like Gary A. Vela, M.D., founder and owner of Prestige Plastic Surgery LLC, perform many breast augmentation surgeries per year as it is one of the most popular types of cosmetic surgery in the United States. Breast augmentation procedures can cover any and all of the following: restored shape and volume after pregnancy; improved shape, symmetry, and appearance; and enhanced contouring. In many cases, it also provides the patient with an increased sense of self-esteem and confidence.

Two types of products are used in breast augmentation surgeries, saline and silicone implants. Saline implants, which are recommended for women over 18, can allow a woman to go back after the initial surgery for size adjustments, if necessary. Additionally, saline implant ruptures or leaks are easy to locate as the implant deflates quickly and the salt water solution is absorbed harmlessly into the body. Silicone implants, recommended for women over 22, tend to have a more natural look and feel to them. However, leaks or ruptures in silicone implants are more difficult to find and women who have this type of implant need to have it checked on a regular basis.

Gary A. Vela, M.D., and other reconstructive and cosmetic surgeons, describe the breast augmentation procedure as one that takes about one to two hours and is performed with the patient under general anesthesia. Side effects may include soreness, but this generally disappears after a few days and the patient can return to work within a week. Individuals who are considering breast augmentation should use a certified surgeon and understand all the risks involved with the procedure.

Source: <http://www.prestigeplasticsurgery.com/breast-procedures-baltimore/breast-augmentation/>



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10. Gary A. Vela, M.D: Breast Reduction Surgery

Reconstructive and cosmetic surgeons, like Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, often perform breast reduction surgeries. Clients who seek this surgery often have overly large breasts that are causing serious pain in the back and neck. This surgery can also apply to men suffering from gynecomastia, where the male breasts are abnormally enlarged.

Breast reduction surgery is generally done on an outpatient basis with general anesthesia. The surgery itself takes two to five hours to complete. During the procedure, the surgeon makes an incision from the nipple then downward to make a keyhole shaped cut. Extra tissue, skin, and fat are then removed from the breast and the nipple is repositioned. Drainage tubes may be used by the surgeon before stitching up the incision and wrapping the breast in a special medicated gauze. Patients are advised to contact their doctor immediately if any of the following happens right after surgery: infection (with or without fever), if stitches come out before doctor's removal, and if pus or other discharge is found at the incision site.

Gary A. Vela, M.D., and other prominent reconstructive and plastic surgeons, discuss the side effects of this procedure with their clients. Scars are a regular side effect of this type of surgery; they will fade with time but not disappear. Scarring can be made worse if the patient lifts heavy items early than she is supposed to. In rare cases, patients may suffer complications such as insufficient healing in the nipple area, which may require skin grafts to correct.

Source: <http://www.webmd.com/beauty/breast-reduction/cosmetic-procedures-breast-reduction-surgery>

11. Gary A. Vela, M.D: Breast Lift Surgery

Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, and other leading reconstructive and plastic surgeons, are known for their experience in breast lift surgeries. A breast lift, or mastopexy, is a cosmetic procedure that helps reshape the breast without the removal of breast tissue. It is important for patients to know that a breast lift can temporarily provide an improved breast shape and youthful appearance.

In a breast lift, the breast is reshaped without tissue removal or the use of an implant. The breast's skin is tightened to improve shape with the nipple-areola section moved to the perfect location. Breast lift



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surgery may be a consideration for women who have one of the following circumstances: have breasts that have sagged due to aging, have large breasts that sit low, have breasts that have sagged due to pregnancy and breastfeeding, or to improve breast shape after significant weight loss amongst other reasons. There are a variety of lifts that patients need to consider and discuss with their surgeons prior to surgery itself, such as the crescent lift, the Inverted T lift, the Peri-Areolar lift, and the Vertical lift. Patients need to determine which lift will give them the results they want.

Plastic and cosmetic surgeons, like Gary A. Vela, M.D., advise patients to discuss their options with a board certified doctor. The procedure itself is an outpatient procedure with local anesthesia, and lasts for one to two hours. Breasts will be placed in in a surgical bra or carefully bandaged. There will be some discomfort, pain, and swelling post-procedure.

Sources: <http://www.americanboardcosmeticsurgery.org/procedure-learning-center/breast/breast-lift-guide/>

<https://westlakeplasticsurgery.com/articles/the-5th-alternative-the-bar-procedure-breast-augmentation-and-reduction/>

12. Gary A. Vela, M.D: Butt Lift Surgery

Well-known and successful reconstructive surgeons, such as Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, often perform butt lift surgeries for their clients. Butt lift surgeries are an option for people who are unhappy with their posterior's appearance, due to shape, size, or sagging skin.

Butt lift surgery can be customized by a certified surgeon to the client's individual needs and desires. Butt lifts are categorized as a traditional excisional butt lift, designed for patients with drooping skin, and a Brazilian butt lift, which is for more subtle posterior contouring. The traditional excisional butt lift involves the surgeon lifting the buttocks by removing excess fat, tissue, and skin. The skin is pulled tight to give a firmer, more uplifted, youthful look. Areas that can be covered under the traditional lift are the upper butt lift, when the surgeon excises underlying tissue to give the butt a more attractive appearance, and the butterfly butt lift, which is used to tighten sagging skin. The Brazilian butt lift is less invasive, and the surgeon here uses only minor incision and fat transfer via liposuction. Unwanted fats



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from the thighs and stomach are purified and then injected into the buttocks to create a perkier, firmer look.

Gary A. Vela, M.D., and other prominent cosmetic and reconstructive surgeons warn patients that the traditional butt lift procedure is rather involved. A number of incisions are followed by fat removal by scalpel or liposuction. Tissue is then repositioned, and if requested, silicone implants are placed at this time in the procedure. The skin is then pulled firmly across the buttocks, trimmed, and smoothed.

Source: <http://www.docshop.com/education/cosmetic/body/butt-lift>

13. Gary A. Vela, M.D: Brazilian Butt Lift Surgery

Reconstructive and cosmetic surgeons, like Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, frequently perform butt lifts on their patients, in particular the less invasive and intensive procedure referred to as the Brazilian butt lift. This surgery requires only small incisions accompanied by liposuction to give clients' posteriors a lift.

The point behind a Brazilian butt lift is to enhance the shape and size of a client's posterior. In a Brazilian butt lift, the doctor first makes small incisions, then removes unwanted, stubborn fats from areas of the body like the thighs and stomach. These fats are purified in a centrifuge and then injected back into the buttocks with various sized tubes to create volume and lift; a greater number of smaller injections tends to result in a more natural look and feel. The Brazilian butt lift usually provides a more realistic look because the procedure is done with human tissue as opposed to silicone implants or synthetic fillers.

Cosmetic surgeons such as Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, advise Brazilian butt lift patients to be aware of post-procedural concerns and side effects. Bruising and swelling of the buttocks will occur after surgery. Patients will need to learn how to properly care for wounds, and will need to learn different ways of sitting and lying down without putting pressure on the buttocks. Clients need to understand that the healing process will take time, often months, before the site has fully healed. One year after the surgery, patients may expose their buttocks to sunlight without fear of skin damage.



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Source: <http://www.docshop.com/education/cosmetic/body/butt-lift>

14. Gary A. Vela, M.D: Butt Implant Surgery

Butt implants are common cosmetic surgical procedures that reconstructive and plastic surgeons, like Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, often perform. Individuals who opt for this surgical procedure do so to improve the shape, appearance, and size of their buttocks. Many men and women who have this procedure feel more confident in how they look and feel.

Butt implant surgery involves the insertion of artificial implants into the patient's buttocks to create more lift and shape. It is typically performed as an outpatient procedure and takes two to three hours to complete. The implants are placed inside incisions made by the surgeon in the buttock crease or where the cheek meets the back of the thigh. The implants can be placed in a pocket above or below the buttock muscle. After the implants are in place, the surgeon checks for symmetry and appearance. The incisions are stitched up, and a compression garment is applied to the posterior area. While butt implant patients may return to low-intensity work within a few weeks, full recovery from this procedure can take months.

Gary A. Vela, M.D., and other reconstructive surgeons advise patients to seek board certified doctors with experience and credentials. Patients also need to be aware of side effects of this surgery. Although rare, muscle or nerve damage may occur; excessive bleeding can also happen. Implants are placed above the sitting area of the buttocks, however, shifting of the implants may happen over time. Pain will also accompany this surgery, and infection is also a possibility.

Source: <http://www.docshop.com/education/cosmetic/body/butt-implants>

15. Gary A. Vela, M.D: Board Certified Plastic and Reconstructive Surgeon

Gary A. Vela, M.D., is the founder and owner of Prestige Plastic Surgery, located in Columbia, Maryland. Vela and his practice are accredited by the American Society of Plastic Surgeons and the American



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College of Surgeons. It is important for any individual considering cosmetic or plastic surgery to choose a licensed, accredited doctor who has extensive experience and credentials.

After surgeons have completed their training in a residency or fellowship program, they can become “board certified” in their area of training. Certification means that the doctor has passed oral and written tests given by other doctors in their field and is considered qualified to perform the surgeries in the areas they’ve been trained in. A surgeon who has been accredited by the American Society of Plastic Surgeons is one who should be qualified to perform cosmetic and reconstructive surgeries.

Many successful cosmetic and reconstructive surgeons, like Gary A. Vela, M.D., are also accepted members of the American College of Surgeons. This association is a an educational and scientific association of surgeons, founded in 1913, which assists doctors in improving the care of patients by setting high standards for surgical practices and education. Of special emphasis is the ethical considerations necessary in the medical and surgical fields. A member of the American College of Surgeons is considered to hold superior education and training, surgical skill, ethical conduct, and professional qualifications and has passed an arduous evaluation. The College has also developed a Surgical Education and Self-Assessment Program for practicing surgeons to use as an excellent source of learning.

Source: <https://www.facs.org/about-acs>

<http://www.plasticsurgery.org>

<https://www.realself.com/question/the-difference-the-american-board-plastic-surgery-and-american-board>

16. Gary A. Vela, M.D: Prestige Plastic Surgery, LLC

Gary A. Vela, M.D., is the founder and owner of Prestige Plastic Surgery LLC, located in Columbia, Maryland. Vela’s practice provides a variety of cosmetic, plastic, and reconstructive surgeries to clients. Vela founded the practice after many years of practicing plastic surgery with the desire to give his patients the improvements they wanted and needed to become more confident.



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Prestige Plastic Surgery offers a multitude of procedures including: body procedures (tummy tucks, liposuction, arm lifts, thigh lifts, butt lifts, and body contouring), breast surgeries (augmentation, lift, reduction), and facial procedures (rhinoplasty, facelift, neck lift, brow lift, and lip plumping). Cosmetic skin in-office procedures are also available, like chemical peels and laser resurfacing. In particular, Dr. Vela and Prestige Plastic Surgery specialize in body recontouring surgery for people who have lost significant amounts of weight from diet and exercise or weight loss surgery. Dr. Vela and his staff are able to give these individuals more self-esteem and positivity with a body that allows them to forget the past and become more invested in the future.

Prestige Plastic Surgery and owner Gary A. Vela, M.D., have given many clients the ability to feel comfortable in their own bodies and to exude confidence and happiness to the world around them. Dr. Vela is an accredited member of the American Board of Plastic Surgery, the American Society of Plastic Surgeons, and the American College of Surgeons, making him a surgeon with the experience and credentials that clients can count on. Dr. Vela and Prestige Plastic Surgery are dedicated to improving the lives of all their patients.

Source: <http://www.prestigeplasticsurgery.com>

17. Gary A. Vela, M.D: Maxillofacial Surgery

Cosmetic and reconstructive surgeons, like Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, focus part of their practices on oral and maxillofacial surgery to help their clients overcome issues from removing impacted teeth to the repair of facial trauma. These dental procedures involve the diagnosis, treatment, and surgery of the face or teeth to restore appearance and function.

Maxillofacial surgery is an option for individuals who need the following: a tooth extracted, a jaw realignment, an oral cyst removal, a jaw joint repair, facial and jaw reconstruction after cancer surgery, facial realignment after trauma. Surgeons in these areas also focus on repairing circumstances like cleft palates, dental implants, and bone grafts.

Cosmetic surgeons like Gary A. Vela, M.D., who provide oral and maxillofacial surgical procedures, must earn a dental degree, and then take part in a residency program for at least four years. These residency placements are competitive with only 170 available each year and only the top 10% of classes being



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considered for the positions. In residency, the doctors work with general and plastic surgeons, as well as anesthesiologists and emergency doctors. Some surgeons will complete an extra two years of training to earn a medical degree and others take fellowship positions that allow them to train for surgeries in the fields they are interested in. Surgeons who practice oral and maxillofacial surgery, like Dr. Vela, are doctors who have serious concern for their patient's welfare and wellbeing. Congenital defects, injury, and disease of the face, mouth, and jaw, are circumstances that doctors such as Dr. Vela are experts in fixing.

Sources: <http://www.omsanewmexico.com/patient-information/what-is-oral-maxillofacial-surgery/>
<http://umm.edu/programs/oral-surgery/patients/what-is-oral-surgery>

18. Gary A. Vela, M.D: Oral Reconstructive Surgery

Cosmetic and reconstructive surgeons who specialize in dental reconstruction, like Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, have extensive experience with oral reconstructive surgeries. Many individuals who opt for this type of procedure have experienced dental trauma, disease, or genetic defect. Doctors like Dr. Vela can surgically fix these situations and give patients higher self-esteem and confidence.

Dental and facial reconstruction may occur because of trauma to the face (a strike or blow) or because of an oral cancer that results in a section of the facial cavity to be removed. Left untreated, these circumstances can result in depression and low self-esteem on the part of the suffering individual. Any person who has lost facial structure in some way is a candidate for oral reconstruction surgery. Depending on the extent of the individual's injuries, multiple surgeries may need to occur. Infection can cause such significant bone loss and facial destruction that more than one surgery may be necessary to achieve the results desired by the patient.

Gary A. Vela, M.D., and other oral reconstructive surgeons are aware of the sensitivity involved with facial and dental injuries, illnesses, and defects. Because the facial skeleton is highly complex, and so reconstruction in this area is particularly challenging; this scenario can easily be seen in facial trauma, where cheekbones and other facial bones need to be put back together as close to original placement as possible. As such, facial reconstructive surgery has two main goals: to restore normal function and to achieve an acceptable appearance.



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Source: <http://www.cmsllc.com/procedures/reconstructive-surgery/>

1-400 Word Wikipedia Profile

1. Gary A. Vela, M.D: Prestige Plastic Surgery LLC

Prestige Plastic Surgery LLC, located in Columbia, Maryland, was founded and is owned by Gary A. Vela, M.D. Prestige Plastic Surgery offers many cosmetic, plastic, and reconstructive surgeries to clients. Vela founded the practice after many years of practicing plastic surgery because he wanted to dedicate the remainder of his career to helping patients regain comfort in their bodies and emotional self-esteem.

A sampling of the reconstructive procedures offered by Prestige Plastic Surgery are: facial procedures (rhinoplasty, facelift, neck lift, brow lift, and lip plumping), breast surgeries (augmentation, lift, reduction), and body procedures (tummy tucks, liposuction, arm lifts, thigh lifts, butt lifts, and body contouring). Chemical peels and laser resurfacing are available as in-office facial procedures. Dr. Vela and Prestige Plastic Surgery specialize in body recontouring surgery for people who have lost significant amounts of weight from diet and exercise or weight loss surgery. Through these surgical procedures, Dr. Vela and his staff are able to give their clients higher self-esteem, confidence, and positive body image. Patients can leave the past behind to focus on their futures.

Dr. Vela is an accredited member of the American Board of Plastic Surgery, the American Society of Plastic Surgeons, and the American College of Surgeons, making him a surgeon with the experience and credentials that clients can trust. His experience harkens back to his college education, beginning at Goldey Beacom College, then to the University at Maryland. Afterwards, Dr. Vela earned his doctorate of dental surgery at the University at Maryland Dental School. He earned his doctorate of medicine at the Medical College of Virginia School of Medicine, then took on additional residency and fellowship training in oral/maxillofacial surgery and general surgery. Dr. Vela focused his advanced specialty training in plastic and reconstructive surgery from the University of Oklahoma Medical Center. He has held the professional appointment of Chairman of the Sub-Department of Plastic Surgery at the Baltimore Washington Medical Center.



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Aside his extensive experience and success, Gary A. Vela, M.D., founded his own practice with Prestige Plastic Surgery LLC in order to provide his patients the chance to feel comfortable in their own bodies and to have higher self-esteem and confidence. Dr. Vela and his professional staff have helped people reclaim their physical bodies and their emotional selves. For people who have lost excessive amounts of weight, have suffered trauma, or who want to feel better about their bodies, Prestige Plastic Surgery has changed many lives. Dr. Vela and Prestige Plastic Surgery are dedicated to improving the lives of all their patients.

Source: : <http://www.prestigeplasticsurgery.com>

1-400 Word Article

1. Gary A. Vela, M.D: Positive Psychological Impacts of Plastic Surgery

Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, strongly advocates for the emotional and psychological benefits of body contouring procedures. These procedures --- from breast augmentation to facial reconstruction to body contouring --- allow patients to take control of their lives again, be happier with their appearance, and have less depression and higher self-esteem.

Some emotional benefits to plastic surgery can include having a happier, more positive attitude toward life, addressing past traumas in a healthy way, and enjoying higher levels of body satisfaction and confidence. For some individuals, reconstructive surgery means eliminating an overly large nose, an unsightly birthmark, or a genetic defect that may have caused or may continue to cause the patient to suffer from humiliation, embarrassment, mockery, and bullying. The damage to the psyche in circumstances such as these is immeasurable, and may cause the individuals targeted to become desperate, depressed, or withdraw from friends, family, and society in general. Plastic surgery can eliminate the source of sadness and poor self-esteem, giving the patient a new lease on life.

Self-esteem can be improved as a result of plastic surgery because many patients will be able to feel more confident about being in public and around people, helping them to become more social. This can impact friendships, romantic relationships, and job opportunities or promotions. "Hiding" because of an actual or perceived physical defect can severely impact an individual's life. Many patients may feel a



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renewed sense of control over their lives and have a more positive approach to life in general, being more willing to try new activities and set new goals.

Gary A. Vela, M.D., of Prestige Plastic Surgery LLC is very aware of the positive emotional impact that plastic surgery can have on his clients. It is important for potential surgical candidates to have thorough discussions about all aspects of a reconstructive procedure with their doctor. Patients need to have realistic goals and expectations for what the surgeries can actually provide in terms of results. Dr. Vela and other cosmetic and reconstructive surgeons advise patients to be sure to investigate the background, experience, and credentials of their surgeon to ensure that they will be happy with the outcome of the procedure, both physically and emotionally. Effective and experienced surgeons, like Dr. Vela, will be accredited from institutions such as the American Board of Plastic Surgery, the American Society of Plastic Surgeons, and the American College of Surgeons.

Sources: <http://www.drspiegel.com/2015/06/the-positive-emotional-steps-post-plastic-surgery/>

<http://www.apa.org/monitor/sep05/surgery.aspx>

1-350 Word Press Release – Standard

1. Title: Gary A. Vela, M.D: Board Certified Reconstructive and Plastic Surgeon

Gary A. Vela, M.D., founder and owner of Prestige Plastic Surgery, located in Columbia, Maryland, is accredited by the American Society of Plastic Surgeons and the American College of Surgeons. It is vitally important for an individual contemplating reconstructive or plastic surgery to choose a licensed, accredited doctor who has extensive credentials and experience.

Surgeons can become “board certified” in their area of training after completing further work in a residency or fellowship program. When a doctor has passed oral and written tests given by other doctors in his field, he is considered qualified to perform the surgeries in the areas he has trained in; this means that the surgeon has earned the title “board certified.” A surgeon who has been accredited by the American Society of Plastic Surgeons, the American College of Surgeons, and the American Board of



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Plastic Surgery is one who should be more than qualified to perform cosmetic and reconstructive surgeries.

Dr. Vela is a renowned member of the American College of Surgeons. Founded in 1913, the American College of Surgeons is an educational and scientific association of surgeons that assists doctors in areas of continuing education, specifically in improving the care of patients by setting high standards for surgical practices and education. Ethical considerations in the medical and surgical fields is of particular importance to this association. A member of the American College of Surgeons is considered to hold superior education and training, surgical skill, ethical conduct, and professional qualifications and has passed an arduous evaluation. The College has also developed a Surgical Education and Self-Assessment Program for practicing surgeons to use as an excellent source of learning.

Gary A. Vela, M.D., started Prestige Plastic Surgery LLC as a testament to his dedication to his patients and their well-being. Vela is a strong advocate for the positive psychological and emotional impact that reconstructive surgery can have on patients. With this goal in mind, Dr. Vela founded his practice to help individuals improve their lives and body image through the cosmetic and plastic surgical procedures that he offers. By putting his patients' livelihoods first, Dr. Vela has upheld the standards expected of him by his peers.

Summary: Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, is a board certified and renowned reconstructive and plastic surgeon.

Location: Columbia, Maryland

About: Gary A. Vela, of Prestige Plastic Surgery LLC, is a dedicated reconstructive and plastic surgeon.

Categories: Surgeon, reconstructive, certified, Gary A. Vela, M.D.

PR Contact: N/A

2-50 Word SBA.gov



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1. Gary A. Vela, M.D: Oral Reconstructive Surgery

Cosmetic surgeons who specialize in dental reconstruction, like Gary A. Vela, M.D. have extensive experience with oral reconstructive surgeries. Individuals who choose this type of procedure have experienced genetic defect, dental trauma, or disease. Facial reconstructive surgery has two main goals: to achieve an acceptable appearance and to restore normal function. Surgeons like Dr. Vela are aware of the sensitivity involved with facial and dental injuries, illnesses, and defects.

2. Gary A. Vela, M.D: Butt Lift Surgery

Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, often performs butt lift surgeries, which is an option for people who are unhappy with their posterior's appearance due to size, sagging skin, or shape. Butt lifts types are traditional excisional butt lifts, designed for patients with drooping skin, and a Brazilian butt lift, which is for more subtle buttock contouring.

1-75 Word Video Script

1. Gary A. Vela, M.D: Breast Reduction Surgery

Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, often performs breast reduction surgeries for clients who have excessively large breasts that are causing serious pain in the neck or back areas. Men suffering from gynecomastia, where the male breasts are abnormally enlarged, can also benefit from breast reduction surgery. This type of surgery takes two to five hours to complete and is usually done on an outpatient basis with general anesthesia. Breast reduction surgery can benefit patients by making them more comfortable with their bodies and more confident in how they look.

3-75 Word Video Marketing

1. Gary A. Vela, M.D: Cosmetic Surgery



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Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, has trained extensively to work with and perform surgical operations on individuals who want to resculpt some aspect of their bodies. Unlike plastic surgery, cosmetic surgery is about improving a patient's appearance, with visual appeal, symmetry, and proportion as the main goals. Cosmetic surgery is an entirely optional procedure because the areas treated are all functioning properly, but it can reap significant physical and emotional benefits for patients.

2. Gary A. Vela, M.D: Plastic Surgery

Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, is experienced in both cosmetic and plastic surgery which focuses more on repairing defects and reconstruction to achieve normal appearances and functions. This type of surgery addresses body and facial defects attributed to birth, burns, disease, and other traumas. An area of Dr. Vela's expertise is dental or maxillofacial reconstructive surgery, which can greatly aid the appearance and psychological stability of individuals who have suffered facial trauma or have lost parts of their face to disease or genetic defect.

3. Gary A. Vela, M.D: Body Contouring Surgery

Gary A. Vela, M.D., offers body contouring surgeries to qualifying individuals. Body contouring is a type of surgery often sought by people who have experienced significant weight loss through dieting or weight loss through surgery, and who need to have excess skin tightened or removed altogether. Unfortunately, diet and exercise will strengthen the muscle, but not the skin. The individual who has extensive drooping, sagging skin after weight loss must look to surgery to correct the situation.

5-30 Word Video Descriptions

1. Gary A. Vela, M.D: Body Contouring Surgery after Weight Los Surgery

Gary A. Vela, M.D., owner of Prestige Practice Surgery LLC, knows the difficulty patients who have undergone weight loss surgery can experience regarding how they feel and look post-procedure. Some



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patients are left with excess drooping skin that can emotionally and psychologically impact their recovery.

2. Gary A. Vela, M.D: Breast Lift Surgery

Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, is known for his experience in breast lift surgeries. A breast lift is a procedure that reshapes the breast without removing breast tissue. Breast lifts can provide an improved breast shape and youthful appearance.

3. Gary A. Vela, M.D: Maxillofacial Surgery

Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, has extensive experience with oral and maxillofacial surgery. This type of surgery allows clients to overcome reconstructive issues, like repairing facial trauma or removing impacted molars. These procedures involve the diagnosis, treatment, and surgery of the face or teeth to restore appearance and function.

4. Gary A. Vela, M.D: Board Certified Reconstruction Surgeon

Gary A. Vela, M.D., of Prestige Plastic Surgery, is accredited by the American Society of Plastic Surgeons and the American College of Surgeons. It is critical for a reconstructive or plastic surgery patient to choose a licensed, board certified doctor who has extensive credentials, a history of success, and significant experience.

5. Gary A. Vela, M.D: Butt Implant Surgery

Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, notes that butt implants are very popular and common cosmetic surgical procedures. Individuals who have this procedure do so to improve the shape, appearance, and size of their buttocks.

5-60 Word Photo Sharing



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1. Gary A. Vela, M.D: Prestige Plastic Surgery LLC

Gary A. Vela, M.D., founded his own practice with Prestige Plastic Surgery LLC to help people reclaim their physical bodies and their emotional selves. Prestige Plastic Surgery has changed many lives from people who have lost excessive amounts of weight to those who have suffered trauma or who want to feel better about their body image. Dr. Vela and his staff are dedicated to improving their patients' lives.

2. Gary A. Vela, M.D: Positive Psychological Impacts of Plastic Surgery

Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, believes strongly in the positive emotional impact that plastic surgery can have on patients' confidence and self-esteem; however, patients need to have realistic goals and expectations for what results can actually be obtained through surgery. Dr. Vela advises patients to investigate the background, experience, and credentials of their surgeon to ensure that they will be happy with the outcome of the procedure, both physically and emotionally.

3. Gary A. Vela, M.D: Butt Lift Surgery

Gary A. Vela, M.D., and other prominent cosmetic and reconstructive surgeons warn patients that the traditional butt lift procedure is rather involved. A number of incisions in various part of the buttocks are followed by fat removal via scalpel or liposuction. Tissue is then repositioned, and if requested by the patient, silicone implants are placed under or over the buttock muscles, which should keep the implants from shifting. The remaining skin is pulled firmly across the buttocks and trimmed.

4. Gary A. Vela, M.D: Breast Augmentation Surgery

Gary A. Vela, M.D. notes there are two types of products used in breast augmentation surgeries, saline and silicone implants. Saline implants allow a woman to go back after the initial surgery for size adjustments, if needed. Also, saline implant ruptures or leaks are easy to locate as the implant deflates quickly. Silicone implants tend to have a more natural look and feel to them, but leaks or ruptures in silicone implants are more difficult to find.



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5. Gary A. Vela, M.D.: Arm Lift Surgery

Gary A. Vela, M.D., a prominent cosmetic surgeon, notes that candidates for arm lift surgery should have significant excess skin under their arms, have a relatively stable weight and not be overweight, have a positive attitude and realistic expectations. Surgical patients should be aware of side effects, such as bruising, swelling, scarring, and hematomas. All candidates should be sure that their surgeon is accredited, and closely examine his or her experience and credentials before surgery.

25-15 Word Image Descriptions

1. Gary A. Vela, M.D., of Prestige Plastic Surgery LLC, believes in the emotional and psychological benefits of body contouring procedures.
2. Gary A. Vela, M.D., is a renowned surgeon who is board certified and recognized by the American Society of Plastic Surgeons.
3. Gary A. Vela, M.D. notes that the two types of products used in breast augmentation surgeries are silicone and saline implants.
4. Gary A. Vela, M.D., founded Prestige Plastic Surgery LLC to help people be happier with their bodies and more confident in their selves.
5. Gary A. Vela, M.D. specializes in dental and facial reconstruction, and has extensive experience with oral reconstructive surgeries.
6. Gary A. Vela, M.D., discusses the side effects and possible complications that can occur post-procedure with his clients.



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7. Gary A. Vela, M.D., is aware of the social sensitivity and stigmas involved with facial and dental illnesses, defects, and injuries.
8. Gary A. Vela, M.D., is an accepted member of the American College of Surgeons which assists doctors in improving the care of patients by setting high standards for continuing education and surgical practices.
9. Gary A. Vela, M.D., frequently perform butt lifts on patients, including the less invasive procedure referred to as the Brazilian butt lift.
10. Gary A. Vela, M.D., focuses part of his practice on oral and maxillofacial surgery to help clients recover from facial trauma.
11. Gary A. Vela, M.D., has extensive experience in breast lift surgeries, which are cosmetic procedures that reshape the breast without the removal of tissue.
12. Gary A. Vela, M.D., owner of Prestige Plastic Surgery LLC, has a wealth of experience in both cosmetic and plastic surgery.
13. Gary A. Vela, M.D., advises patients to seek board certified, accredited doctors with experience and credentials.
14. Gary A. Vela, M.D., started Prestige Plastic Surgery LLC as a testament to his concern for his patients and their physical and mental well-being.
15. Gary A. Vela, M.D., has had significant training to perform surgical operations on individuals who want to reshape some aspect of their bodies.
16. Gary A. Vela, M.D. founded his practice to give his patients the physical improvements they wanted and needed to become more confident.



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17. Gary A. Vela, M.D. is an accredited member of the American Board of Plastic Surgery, the American Society of Plastic Surgeons, and the American College of Surgeons, making him a trustworthy surgeon.
18. Gary A. Vela, M.D. and his professional staff have helped people reclaim their physical bodies and their emotional selves.
19. Body contouring is a procedure that cosmetic surgeons, like Gary A. Vela, M.D., offer to individuals who qualify for the surgery.
20. Gary A. Vela, M.D., discusses the side effects and possible complications that can occur post-procedure with his clients.
21. Gary A. Vela, M.D., earned a dental degree, and then took part in a residency program for at least four years.
22. Gary A. Vela, M.D., and other prominent surgeons, advise patients to discuss all their options with a board certified doctor.
23. Gary A. Vela, M.D., often performs breast reduction surgeries for clients who have excessively large breasts which cause debilitating neck and back pain.
24. Gary A. Vela, M.D., offers customized body lifts to patients in highly individualized forms that cover all potential client concerns and issues.
25. Gary A. Vela, M.D., advises patients that the traditional butt lift procedure is rather involved and complicated due to the number of incisions and post-procedure recovery concerns.

