



Michigan Surgeon Details Body Contouring Upkeep as GLP-1 Demand Grows

October 01, 2026

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Aesthetic Plastic Surgery & Laser Center, Michelle Hardaway M.D., a Farmington Hills body contouring practice, is addressing how long surgical results hold after major weight loss, as more than 800,000 aesthetic patients used weight-loss medications in 2024, according to the American Society of Plastic Surgeons.

Body contouring is a shaping procedure rather than a weight-loss method. For patients who reach a stable weight and are left with loose skin or changed proportions, the practical question is what maintains the result after surgery. ASPS has noted that while body contouring is not a substitute for weight-loss surgery, these procedures can help patients using GLP-1 medications achieve improved balance and functionality. Aesthetic Plastic Surgery & Laser Center performs liposuction, abdominoplasty, panniculectomy and body lift procedures at its Orchard Lake Road office, serving patients throughout Metro Detroit.

Michelle Hardaway, M.D., F.A.C.S., a board-certified plastic surgeon at Aesthetic Plastic Surgery & Laser Center, points to patient habits after surgery as the deciding factor in how long a result holds.

"What's important to know is that it is important to exercise and have a proper diet to maintain the results,"

Hardaway said.

Published data documents the size of the post-weight-loss patient population. The 2024 ASPS Procedural Statistics Report, released June 25, 2025, found that 20 percent of patients using GLP-1 medications under the care of member surgeons had already undergone plastic surgery, while 39 percent were considering a surgical procedure and 41 percent were considering a nonsurgical one. Research has also examined how weight loss itself affects surgical outcomes. A Duke University School of Medicine analysis of more than 500 abdominal body contouring patients, published in Plastic and Reconstructive Surgery and reported by Duke on July 8, 2026, found higher complication rates among patients who lost large amounts of weight most rapidly, with the highest rates among those who combined bariatric surgery with appetite-reducing medications. Separately, a study led by Zachary Andrew Koenig, M.D., of West Virginia University School of Medicine, reported by ASPS on March 25, 2026, found that GLP-1 medications may affect wound healing after panniculectomy even without increasing overall surgical risk.

Hardaway's credentials inform a conservative approach to candidacy and timing. She holds board certification in both plastic surgery and general surgery, completed a burn fellowship at Wayne State University and Detroit Receiving Hospital, and served as Chief of Plastic and Reconstructive Surgery and Director of the Burn Center at Detroit Receiving. She currently serves as an Assistant Clinical Professor of Surgery at Wayne State University and brings over 20 years of experience in aesthetic plastic surgery. Procedures are performed in an on-site QUAD A accredited surgical suite with a Certified Registered Nurse Anesthetist.

Hardaway also draws a distinction patients often miss, which is what liposuction removes and what it does not prevent. The timeframe she describes below reflects what she has observed in her own practice rather than a published research finding.

"The amount of exercise needed can vary between people. Of course, proper diet is also important. What sometimes happens is that with inadequate exercise, the shape changes within three months. With liposuction you have removed fat cells from the area, but you would notice other areas in the body retaining fat," Hardaway said.

Patients considering liposuction, abdominoplasty, panniculectomy or a body lift after significant weight loss can review procedure options, recovery timelines and candidacy criteria for body contouring in Farmington Hills at <https://michellehardawaymd.com/body-contouring/>. All consultations are paid and appointment-based.

This information is provided for educational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. Always consult a qualified healthcare provider for personal health decisions.

About Aesthetic Plastic Surgery & Laser Center, Michelle Hardaway M.D.

Aesthetic Plastic Surgery & Laser Center is a plastic surgery practice in Farmington Hills, Michigan, led by Michelle Hardaway, M.D., F.A.C.S., a board-certified plastic surgeon with over 20 years of experience. The practice offers surgical and non-surgical procedures, including body contouring, breast surgery and facial rejuvenation, in an on-site QUAD A accredited surgical suite. The practice is located at 27920 Orchard Lake Rd, Farmington Hills, MI 48334, and can be reached at (248) 221-1957 or <https://michellehardawaymd.com/>.

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Aesthetic Plastic Surgery & Laser Center, Michelle Hardaway M.D.

A Top Michigan Plastic Surgeon

Choosing a plastic surgeon is personal. At our Farmington Hills surgical center, Dr. Michelle Hardaway brings board-certified expertise with a deep understanding of what matters to you.

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