Dr. Brannon Claytor Featured on GLP-1 Podcast Discussing Post-Weight Loss Body Contouring

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Dr. R. Brannon Claytor, board-certified Philadelphia plastic surgeon at Claytor Noone Plastic Surgery, was recently featured as a guest expert on Get the Skinny, a podcast hosted by Zach Jacobs that explores the effects of GLP-1 medications. Jacobs has documented his own 48-pound weight loss journey on GLP-1 medications, and the podcast provides an authentic platform for discussing the real experiences of GLP-1 medication users.

The episode, "What Happens After the Before and After," covered the growing demand for plastic surgery procedures among patients who have experienced dramatic weight loss from medications like Ozempic, Wegovy, and Mounjaro.

Dr. Claytor shared insights from his practice about the unique challenges facing GLP-1 users who have lost significant weight rapidly. He explained how the speed of weight loss can impact skin elasticity and contribute to what's commonly known as "Ozempic face"?volume loss that can create an aged or gaunt appearance. Similarly, patients are often left with loose skin around the abdomen and hips, necessitating body lifting or excess skin removal procedures.

"When patients come in after losing 50 to 100 pounds on these medications, they're often surprised by the loose skin they're left with," Dr. Claytor explained during the podcast. "They want to feel that the hard work and discipline they invested in weight loss is fully reflected in their appearance, and procedures like body lifts can provide a transformation that helps their weight loss journey feel complete."

The podcast explored the most common procedures GLP-1 patients are seeking, with Dr. Claytor noting that abdominoplasty (tummy tuck) is by far the most requested. "Anybody who is holding a little bit of extra weight is probably holding it in their waist and in their trunk," he said. "When you have that weight loss, that is the area where you're going to see it long before you see it anywhere else."

Dr. Claytor also addressed the psychological aspects of rapid weight transformation, sharing a powerful patient story about a woman who lost 175 pounds and faced unexpected relationship challenges afterward. He emphasized the importance of comprehensive patient care that goes beyond surgical technique to truly understanding the patient?s goals and motivations. "It's where you're tiptoeing between surgeon and therapist," Dr. Claytor noted.

The conversation touched on the broader implications of GLP-1 medications, with Dr. Claytor offering a unique perspective on why these drugs represent such a significant breakthrough. "We are able to modify our own genetics with a shot," he explained. "We are able to put ourselves in an accelerated evolutionary phase... To be able to achieve that with an injection almost is the holy grail."

When addressing safety concerns about compounded GLP-1 medications available through various channels, Dr. Claytor stressed the importance of working with reputable pharmaceutical companies and qualified medical professionals rather than with unregulated sources, such as those you can find online. "You have absolutely no idea what you're injecting," he cautioned. "The potential for problems is very real."

Dr. Claytor's expertise has been recognized in major publications, including a recent feature in the Wall Street Journal discussing the surge in body lift procedures among GLP-1 users. He has also been named a Top Doctor by Philadelphia Magazine for eight consecutive years. His appearance on "Get the Skinny" emphasizes his role as a leading voice in post-weight loss body contouring.

Dr. Claytor suggests that patients interested in post-weight loss surgery seek guidance from a board-certified plastic surgeon to understand what's possible and build a tailored surgical plan.

"I try to meet everybody where they are," Dr. Claytor explained regarding his patient-centered approach. "Many times patients will come in saying one particular area is the most frustrating for them, and once they hear me share what the impact has been, we may come up with a totally different plan."

As Chief of Plastic Surgery at Main Line Health, Dr. Claytor has developed specialized techniques for addressing the unique needs of post-GLP-1 patients, including his innovative approach to 360-degree body lifts that can dramatically improve thigh appearance without directly operating on the thighs.

"Every patient's journey is different," he says. "It's rewarding to guide people through the final step of their transformation."

Claytor Noone Plastic Surgery is located at 135 S Bryn Mawr Ave Suite 300, Bryn Mawr, PA 19010. For more information or to schedule a consultation, call 610-527-4833 or visit their website.

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Claytor Noone Plastic Surgery

Dr. R. Brannon Claytor of Claytor Noone Plastic Surgery is a nationally-recognized, board-certified plastic surgeon serving Philadelphia and the Main Line. He is committed to providing his patients with cutting-edge care that yields exceptional results.

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