

Skin Care after Bariatric Surgery

Practice good skin care habits...

When your skin is loose after losing weight; skin elasticity may be an issue. As you age, and after your skin has been stretched with excess weight, your skin loses some of its natural elasticity and it's ability to "snap" back into shape as you begin to lose weight and become smaller in size. **Keeping your skin healthy encourages the return of skin elasticity.**

Exfoliation

Exfoliate your skin daily in the shower/bath using a loofah sponge or exfoliating scrub to remove dead skin cells and encourage circulation. **Be sure to dry yourself well** when finished showering/bathing, get under the folds carefully and thoroughly to help prevent skin infections such as yeast infections.

Moisturize

Apply moisturizer after your shower/bath and again before bed. Drink plenty of water--aim for 1.5 to 2L (6-8 glasses) to keep your skin and your insides well hydrated. Lotions containing aloe vera, hyaluronic acid, yeast protein and soy protein may help improve the elasticity of your skin, according to some experts.

Exercise

Although you will need to work with your doctor/healthcare provider to come up with an exercise plan that is safe for you after surgery, getting active can help keep your sagging skin in check. In particular, focus on toning, light weight lifting (if you are able) and building muscle. According to some experts building lean muscle mass in place of the fat you are losing will help your skin stay tight.

Be patient and realistic. It can take up to two years for your skin tightness to catch up with your weight loss, even while practicing good skin care habits and building lean muscle. However you may not be able to do anything to completely prevent or reduce sagging skin after weight loss surgery. Good habits will give you the best chance of beating sagging skin, but realize that some skin issues may be out of your control and may be a normal part of your recovery.