



FAQs regarding BMI

Are there any weight restrictions for plastic surgical procedures?

Yes. Weight restrictions have been put in place because studies have demonstrated up to 12-fold increased risk of surgical complications associated with high body mass index or BMI's. BMI is a measure of a person's overall body fat.

$BMI = \text{weight (kg)} / \text{height}^2 \text{ (m)}^2$

Online calculator: <https://www.calculator.net/bmi-calculator.html>

Good surgical candidates have a BMI of 30 or below. If you are overweight or in the obesity BMI range of 30 or above, you are less likely to be a suitable candidate for surgery. Patients with BMI's in the 31 to 33 range may be best served with evaluation on a case by case basis, with efforts focused on risk reduction strategies. Patients with BMI's above 33 are ineligible for surgery at this time.

Does a BMI greater than 33 mean I can never have Plastic Surgery?

No. At PVPS, Dr. Johnson recommends lifestyle changes, such as healthy eating and increased exercise to achieve an eligible weight. Dr. Johnson will be happy to refer you to local nutritionists, medical weight loss doctors, or bariatric surgeons to help you achieve your goal of safe surgery.

Helpful websites:

Weight Watchers: www.weightwatchers.com

Registered Dietitian Nutritionists, Nicole Frank-Maslar, Sandy Lemanski : www.pyramidnutritionservices.com

Medical Weight Loss Doctor, Dr. Christopher Keroack: <http://necfunctionalmedicine.com/about-drkeroack/>

Bariatric Surgeons near our office:

Baystate Medical Center: Dr. John Romanelli, Dr. Jay Kuhn

Mercy Medical Center: Dr. Viriato Fiallo

Holyoke Medical Center: <https://www.holyokehealth.com/>