

GOVERNOR TOSS-UP

CANDIDATES  
LAY OUT THEIR  
PLANS FOR NoVA

BEHIND THE ROBE

C-SPAN EXEC.  
GETS US BEHIND  
CLOSED DOORS

ANY GIVEN SUNDAY

HAVENS FOR  
NON-SKINS'  
FANS

WINE TIME

90+ WINERIES  
CLOSE TO  
HOME

CUTTING BACK

LOST THE  
WEIGHT, NOW  
LOOSE THE SKIN

# Northern Virginia

All before and after photos courtesy  
of Bitar Cosmetic Surgery Institute

## skin repair

By KRISTEN COOPER



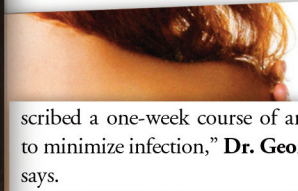
"have either themselves or relatives donate a total of two pints of blood that will be given back to them during the operation," says **Bitar**.

The seriousness of this operation is a common cause for post-operative wounds to appear and can be "as high as 25 percent," says **Bitar**.

### Lower body lift

DURATION OF SURGERY: 6 HOURS  
RETURN TO REGULAR ACTIVITY: 4 WEEKS  
RESUME EXERCISE: 6 WEEKS

**Bitar** says in "Plastic Surgery after Weight Loss," "Changing the outside, no matter how drastic in such a sort period of time, does not change the inside."



"pre-scribed a one-week course of antibiotics to minimize infection," **Dr. George Bitar** says.

### Maxopexy (BREAST LIFT)

DURATION OF SURGERY: 2 HOURS  
RETURN TO REGULAR ACTIVITY: 1 WEEK  
RESUME EXERCISE: 4 WEEKS



### Midsection (ABDOMINOPLASTY AND LIPOABDOMINOPLASTY)



### Thigh lift

DURATION OF SURGERY: 2-3 HOURS  
RETURN TO REGULAR ACTIVITY: 2 WEEKS  
RESUME EXERCISE: 4 WEEKS

At the **Bitar Cosmetic Surgery Institute**, doctors place a drain under the skin after the operation to control the instance of bleeding.



### Arm Lift

DURATION OF SURGERY: 1-2 HOURS

