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Comprehensive Breast & Aesthetic Surgery

Elegant · Elevated · Experience

PATIENT DECISION GUIDE · COSMETIC SURGERY

Which Cosmetic Procedure Is Right for My Concern?

Start with what bothers you. The right procedure follows from the concern — not the other way around.

BEFORE THE PROCEDURE — CANDIDACY MATTERS FIRST

The right procedure at the wrong time will not produce the result you came for. Before reviewing procedures, confirm: you are at or near goal weight (body procedures), you have stopped all nicotine at least 6 weeks before surgery, your diabetes or other medical conditions are well-controlled, and your expectations reflect what surgery can realistically achieve. See the companion guide “Am I a Good Candidate?” for the full framework.

PROCEDURES BY CONCERN

FACE & NECK

"I look tired around my eyes"

Upper eyelid hooding or lower lid bags — or both. Brow descent adds to the tired appearance and may need to be addressed alongside the lids.

Procedure: Blepharoplasty ± Brow Lift

"My upper lip looks thin and flat"

Increased distance between the nose and lip border produces a flat, aged lip. Surgery shortens this permanently — unlike filler.

Procedure: Lip Lift

"I have a double chin"

Submental fat is largely genetic and resistant to weight loss. Loose skin alongside the fat may benefit from concurrent tightening.

Procedure: Submental Liposuction ± Renuvion

"My neck skin is loose but I'm not ready for a facelift"

Mild to moderate laxity without significant jowling. Renuvion contracts skin from the inside without surgical incisions.

Procedure: Renuvion (J-Plasma) Skin Tightening

BODY

"I can't lose fat in certain areas"

Localized fat deposits resistant to diet and exercise. Best for patients at or near goal weight with good skin elasticity.

Procedure: Liposuction ± Renuvion

"I have excess skin and muscle separation after pregnancy"

Diastasis recti and skin laxity that exercise cannot fix. The most comprehensive abdominal contouring procedure.

Procedure: Abdominoplasty (Tummy Tuck)

"I've lost a lot of weight and have excess skin"

Excess, inelastic skin following major weight loss that cannot retract. Multiple areas frequently addressed in staged procedures.

Procedure: Panniculectomy, Brachioplasty, Thigh Lift, Back Lift

BREAST (COSMETIC)

"I want more volume or better symmetry"

Volume deficit or asymmetry without significant ptosis. Implant selection is individualized to anatomy and goals.

Procedure: Breast Augmentation

"My breasts have dropped and deflated after pregnancy or weight loss"

Breast ptosis — deflation and drooping. Volume loss may be addressed concurrently with augmentation if desired.

Procedure: Mastopexy (Breast Lift) ± Augmentation

"My breasts are too large and cause neck or back pain"

Symptomatic macromastia. Frequently covered by insurance when functional symptoms are documented. High patient satisfaction rate.

Procedure: Breast Reduction

"I had surgery elsewhere and something isn't right"

Revisional cosmetic surgery is a meaningful part of this practice. Whether the concern is a result that did not meet expectations, a complication, or a change over time — a consultation evaluates what is possible honestly, without judgment about what came before. Revisional surgery is technically more complex than primary surgery; expectations are set accordingly at consultation. Common revisional concerns include breast implant issues (asymmetry, contracture, displacement, size change), body contouring irregularities, residual skin laxity after prior excision, and scar revision.

Procedures: Revisional Breast Surgery, Revisional Body Contouring, Scar Revision

A NOTE ON SURGICAL SCOPE

Dr. Palakodeti performs a defined range of facial and body cosmetic procedures where his training and outcomes are strong. He does not perform rhinoplasty or facelift surgery — procedures he believes are best performed by surgeons whose entire practice is dedicated to those operations. Patients seeking either procedure are referred to trusted colleagues who specialize in exactly that work.

QUESTIONS TO ASK YOUR SURGEON

Bring this list to your consultation. Check off the ones you've discussed.

ABOUT MY CONCERN

- ☐ Based on my anatomy, which procedure addresses my specific concern?
- ☐ Is there more than one procedure that could address it — and what are the trade-offs?
- ☐ Is there a non-surgical option that would produce a meaningful result for me?
- ☐ What does a realistic result look like for someone with my anatomy?

ABOUT THE PROCEDURE

- ☐ Am I a good candidate given my health, weight, and smoking status?
- ☐ Can this be combined with another procedure in the same operation?
- ☐ What are the most common complications and how are they managed?
- ☐ What would you recommend for a patient in my exact situation — and why?

ABOUT RECOVERY

- ☐ How long is the recovery and what does it look like day by day?
- ☐ When can I return to work, exercise, and normal activity?
- ☐ How long until I see the final result?
- ☐ What do I need to arrange at home before surgery?

ABOUT EXPECTATIONS

- ☐ What does a typical result look like — not the best case, but a typical case?
- ☐ How long do results last and what affects longevity?
- ☐ What can I do to optimize my result before and after surgery?
- ☐ Is there anything about my situation that makes this procedure higher risk?

MY QUESTIONS & NOTES

Write your own questions and notes below. Bring this page to your appointment.

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