

P02-138

**BODY CONTOURING FOLLOWING BARIATRIC SURGERY: EMOTIONAL MEANINGS FOR PATIENTS OF A PUBLIC OUTPATIENT SERVICE IN THE SOUTHEAST BRAZIL**

R. Magdaleno Jr<sup>1</sup>, E.A. Chaim<sup>2</sup>, E.R. Turato<sup>1</sup>

<sup>1</sup>Medical Psychology and Psychiatry - Laboratory of Clinical-Qualitative Research, <sup>2</sup>Surgery - Laboratory of Clinical-Qualitative Research, University of Campinas - Faculty of Medical Sciences, Campinas, Brazil

**Introduction:** Morbid obesity is accompanied by impairment of the body image. Bariatric surgery is seen like a solution for the problems concerning body image. An element that contributes to disillusion with the results is when patients realize that their bodies, even though thinner, still maintain the sequel of obesity, flaccidity and excess skin. Once weight loss has been achieved, the body image is not infrequently cosmetically unacceptable. To complete treatment, body contouring procedures are performed.

**Aim of this study:** To understand the emotional meaning of body contouring after bariatric surgery.

**Method:** Clinical-qualitative method, semi-directed interviews with open-ended questions.

**Results:** Shame that had previously been attributed to obesity is attributed to the sequel of obesity that contributes to the frustrated expectations of having a beautiful and healthy body. The risk of isolation and lose interest to fulfil the objectives of surgery is great. Plastic surgery takes the place occupied by bariatric surgery, that is, the hope of achieving acceptance.

**Conclusion:** Body contouring following significant weight loss can re-establish a good psychosocial functioning because of the perception of improved body image. The plastic surgery is accompanied by a substantial normalization of the self esteem. It could gradually lead to the cessation of distressing and pathological body-related behaviour. The psychosocial benefits of plastic surgery are: increase self-esteem, improved self-confidence, more intense social activities, better interpersonal relationships, relief from depression and anxiety, improvement in emotional stability, better relationship with colleagues and partner, less stigmatization, better sexual performance and fewer physical limitations during sexual intercourse.