



# In Skilled Hands

## Adam Bialostocki Profile

Plastic surgery is the only specialty in New Zealand that has cosmetic surgery as an integral part of training. A FRACS in Plastic Surgery is the only qualification that recognises this. The importance of having a plastic surgeon perform cosmetic procedures is a given and there is certainly more attention being paid to this by a discerning public, who have become more vocal about the fact they seek cosmetic surgery to enhance their appearance.

New Zealand born and trained plastic surgeon, Mr Adam Bialostocki (MBCHB (OTAGO),FRACS), practices privately from his Tauranga clinic, Bay Plastic Surgery where he performs minor surgery under local anaesthetic. The clinic is in fact the only dedicated plastic surgery clinic in the Bay, and Mr Bialostocki treats patients from as far afield as Gisborne and Taupo, Waikato, Wellington and Auckland. For surgery requiring general anaesthesia, Mr Bialostocki uses the recently opened and modern, Grace Private Hospital. He is also the only visiting plastic surgeon for Tauranga Public Hospital.

Mr Bialostocki has a special interest and skill in breast augmentation and reduction, mastopexy (breast lift) and breast reconstruction procedures. With summer not too far away, liposuction and abdominoplasty procedures are also popular options, each of them requiring an amount of downtime and the wearing of compression garments. Mr Bialostocki is seeing an increasing number of patients requesting body contouring after massive weight loss, where the removal of excess loose skin in effect 'tightens up' what exercise is unable to. While some still believe liposuction is the answer to weight loss, Mr Bialostocki advises the procedure in conjunction with a good diet and regular exercise and describes it primarily as a re-shaping operation. While there has been a trend for 'lunchtime liposuction', Mr Bialostocki is not in favour of this and is instead, an advocate of having the procedure done under general anaesthetic in a hospital theatre. He feels the outcome for the patient is superior, safer and more comfortable being performed under the care of a highly trained anaesthetist and theatre staff where the patient can recover in the safety of a hospital.

Mr Bialostocki's experience and good judgement, combined with the most modern advancements and well-established techniques ensure the optimal outcome for each of his patients is achieved.

Please feel free to enquire further into treatment options and procedures.



Mr Adam Bialostocki

Bay Plastic Surgery  
745 Cameron Road, Tauranga.  
p. 07 5785350 e. [info@bayplasticsurgery.co.nz](mailto:info@bayplasticsurgery.co.nz)  
[www.bayplasticsurgery.co.nz](http://www.bayplasticsurgery.co.nz)