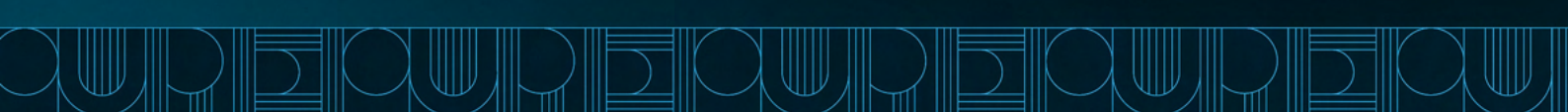


The Complete  
Patient Guide To  
**RIB REMODEL**™

The Safe, Modern Alternative to Rib Removal



**By Dr. Alex Earle**  
Double Board-Certified Plastic Surgeon  
Pure Plastic Surgery, Miami



# WELCOME TO THE FUTURE OF WAIST CONTOURING

If you've been researching ways to refine your waistline, you've likely encountered terms like "Barbie Waist," "Wasp Waist," "Rib Sculpt," or "Rib Removal." The internet is full of conflicting information — some of it misleading, and some of it downright dangerous.

## THAT'S WHY THIS GUIDE EXISTS

Created by Dr. Alex Earle, a double board-certified plastic surgeon and recognized leader in advanced body contouring, this guide will help you understand:



What Rib Remodel is and how it differs from rib removal.



Why it's considered one of the safest ways to contour the waist.



What questions to ask any surgeon before you commit.



What recovery and results really look like.



Who's a good candidate and who isn't.

This isn't generic advice. It's the distilled experience of multiple consultations and real patient outcomes, backed by surgical science, aesthetics, and Miami's culture of precision beauty.



## WHAT IS RIB REMODEL™

### THE EVOLUTION OF THE HOURGLASS

The desire for a small, defined waist is timeless — from corsets in the 1800s to waist trainers in the 2000s. But traditional methods often compromise comfort or health.

Rib Remodel™ represents the next generation of body refinement. It's a precision-based surgical technique that reshapes the ribcage's lower contour — the area that determines your waist's curve — without removing ribs.

## In Rib Remodel, Dr. Earle

- Analyzes your natural rib angles and proportions.
- Uses small, hidden incisions to access the lower ribs with use of cutting edge technology and techniques.
- Gently reshapes the rib curvature and surrounding cartilage.
- Refines the silhouette to enhance your waist-to-hip ratio.

**Result:** A smaller, tighter waistline that looks natural, feels balanced, and maintains your body's structural safety.

### CHAPTER 2

## RIB REMOVAL VS. RIB REMODEL

	Rib Removal	Rib Remodel™ (Pure Technique)
<b>Approach</b>	Removes floating ribs permanently	Refines rib contour, no removal
<b>Safety</b>	Higher risk, structural compromise	Maintains stability, protects organs
<b>Recovery</b>	Weeks of discomfort	Back to light activity in days
<b>Scarring</b>	Larger incisions	Tiny, hidden incisions
<b>Aesthetics</b>	Can appear artificial or "overdone"	Natural, proportional, elegant
<b>Performed in U.S.</b>	Rarely (high risk, few qualified)	Yes — pioneered at Pure Plastic Surgery

“

Our goal is not to create extreme shapes. It's to restore aesthetic harmony. Rib Remodel gives us that control — safely.

**Dr. Alex Earle**



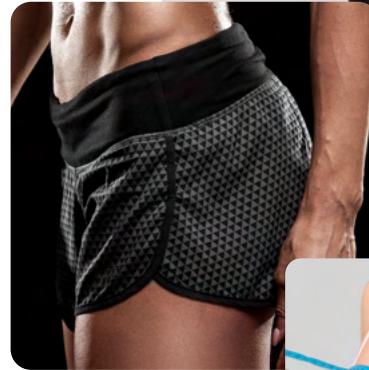
## CHAPTER 3

# WHO IS A GOOD CANDIDATE?

### THE PERFECT CANDIDATE PROFILE

You may be an ideal candidate if you:

- Have a healthy BMI and maintain your weight through balanced habits.
- Want a smaller, more sculpted waist that complements your hips or torso.
- Prefer permanent results that don't depend on waist trainers or fads.
- Seek a safe alternative to rib removal.
- Have realistic expectations — this enhances, not transforms, your frame.



### WHO SHOULD WAIT OR RECONSIDER

01

If you're actively losing or gaining weight.

02

If you have underlying respiratory or bone conditions.

03

If your expectations are extreme (e.g., corset-level compression results).

Dr. Earle's  
Philosophy

We turn confidence up,  
not safety down.

## CHAPTER 4

# THE SCIENCE BEHIND THE SHAPE

## WHY YOUR RIBS MATTER THAN YOU THINK

The lower ribs (10, 11, and 12) subtly define your waist width and the transition from the torso to the hips. Their angle and flare affect how your waistline appears — especially in photos and clothing.



Rib Remodel reshapes that angle, not the bone itself. Think of it like contouring with precision — reducing the visual flare, tightening the torso's hourglass, and enhancing symmetry.

Unlike rib removal, your protective cage and posture remain intact.



## CHAPTER 5

# HOW THE PROCEDURE WORKS



### 3D Body Mapping

Dr. Earle begins with a 3D scan to analyze proportions, map out the ribs, and plan the procedure.



### The Procedure

Under general anesthesia in Pure's Joint Commission-accredited OR, small needle-hole incisions are made over each rib to be treated.

Specialized instruments create a controlled greenstick fracture of the ribs. The ribs are then able to be repositioned. No ribs are removed.



### Results

Waistline appears slimmer and smoother almost immediately — final shape refines over 12 weeks.



### Customized Surgical Plan

Your plan includes rib contour mapping, incision placement, and optional pairing with Lipo 360, BBL or other procedure.



### Closure & Recovery

Incisions are closed meticulously for near-invisible scars. A corset is then used to support healing and contour retention.



Most patients say it feels sore, like an intense workout, not a major surgery.

Pure Recovery Team



## CHAPTER 6

# RECOVERY AND REAL RESULTS

Time	Experience
Days 1–3	Mild soreness, compression garment use. Patients must commit to wearing a corset for the first 3 months.
Week 1	Light movement and desk work resume
Weeks 2–3	Swelling decreases; definition visible
Weeks 6	Full activities resume; waist contour sharpens
3 Months	Final sculpt revealed

### Pain Management

Most patients use oral pain medication for a few days, then switch to over-the-counter options.

### Results Longevity

Permanent — as long as your weight remains stable. (Consider placing link to rib remodel post op instructions.)

## CHAPTER 7

# BEFORE & AFTER (VISUAL EDUCATION)

Use tasteful, real-patient images or diagrams (optional):

3d Contour Illustration

Lipo + Rib Remodel synergy example

Waist Ratio Comparison

No ribs removed. 6 weeks post-op  
Natural curvature restored, not exaggerated.



## CHAPTER 8

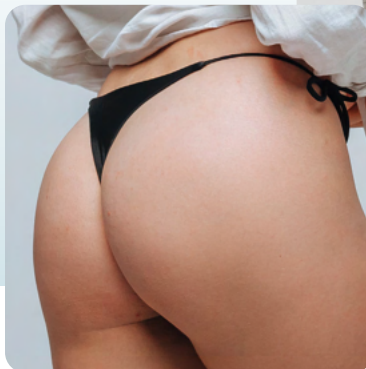
# INVESTMENT, COST, AND VALUE

What Influences Cost

Complexity of rib contour

Combination procedures

OR and anesthesia time



## WHY RIB REMODEL IS A WORTHWHILE INVESTMENT

Because it's a specialized, high-skill procedure performed safely and ethically — something very few surgeons in the U.S. can offer. At Pure, you're not paying for hype — you're investing in expertise, safety, and a lifelong result.



Virtual consults available



Travel concierge



Recovery suite options

## CHAPTER 09

# QUESTIONS SMART PATIENTS ASK

- Are you double board-certified in plastic surgery?
- Is your facility accredited by The Joint Commission?
- How do you perform Rib Remodel — are any ribs removed?
- What is the expected downtime for my anatomy?
- What complementary procedures would enhance my results?
- How many Rib Remodel surgeries have you performed?

The Pure Promise

You'll always get transparent, data-based answers — never marketing fluff.

## CHAPTER 10

# WHAT PATIENTS SAY

“

I finally have the waist I've been training for — safely.

J.R., Miami

“

I flew in from LA after hearing about Dr. Earle's technique. The recovery was easier than I imagined, and the results are unreal.

M.P., Los Angeles

“

I used to wear shapewear every day. Now I don't have to.”

A.L., New York

## CHAPTER 11

# WHY MIAMI — AND WHY PURE

Miami is the aesthetic capital of the world, but Pure stands apart. With a commitment to innovation, artistry, and compassion, our team sets the gold standard for safety and results.

Dr. Earle's leadership in body contouring and Rib Remodel's refined methodology make Pure Plastic Surgery the destination for advanced waist contouring in the U.S.

## CHAPTER 12

# NEXT STEPS

### STEP 01

Schedule your consultation (virtual or in-person).

### STEP 03

Once booked, receive your custom 3D body mapping analysis — complimentary for guide readers

Get your personalized Pure Plan: pricing, safety overview, and aesthetic roadmap. Receive your custom 3D body mapping analysis — complimentary for guide readers.

THE ANSWER IS PURE.

[BOOK CONSULTATION](#)

CALL (305) 230-4326