

BODY PROCEDURES

LIPOSUCTION

Can I do liposuction instead of going on a diet?

Liposuction is not a substitute for a diet. Good nutrition and exercise are an important factor to staying fit. Liposuction is ideal for those patients who have defined areas of fatty deposit that they can't seem to lose by diet or exercise. Common sites for treatment include the abdomen, hips, back, thighs, and arms.

Are you taking all the fat out from the areas you suction?

No, liposuction does not remove every single fat cell from a given treatment area. You want to maintain an even layer of the more superficial fat so that contour deformities do not result. In fact, overzealous liposuction can cause severe deformities that sometimes cannot be corrected.

Will the fat come back in those areas that were suctioned?

Liposuction decreases the overall volume of fat cells in a given treatment area. New cells will not grow back in the areas treated, however, if you gain weight the cells that are present in that area will enlarge. I tell patients that if you gain weight than the weight will probably be more evenly distributed and not accumulate as frequently in the areas previously suctioned.

ABDOMINOPLASTY

How big of an incision will I need?

This is individualized based upon the extent of the work needed. Sometimes a "mini- tummy tuck" can be performed. Liposuction is performed and residual loose skin from the lower abdomen is removed through a small incision in the pubic region (4-6 inches long). If the lower muscles of the abdomen need to be tightened, then it can be performed as well through this small incision. Patients with more laxity of the tissues and greater weakness of the muscles require a longer incision to accomplish the surgery.

Can I have other procedures at the same time?

Yes, in fact it is often easier to do other operations at the same time. Harvesting fat for fat injection to the face can be obtained from the discarded tissue during the abdominoplasty. Sometimes, breast augmentation can be performed through the abdominoplasty incision to avoid incisions on or near the breast. Liposuction of the outer thighs and flanks can be performed through this area as well.