The Skinny on Liposuction

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Currently, Liposuction is the second-most commonly performed cosmetic procedure, second only to breast augmentation. Liposuction is used all over the body to remove fat deposits that have been resistant to diet and exercise efforts, most often the thighs and midriff section. Although more commonly performed on women, liposuction is beneficial to both men and women.

There are two basic kinds of liposuction: suction-assisted liposuction (or SAL) and power-assisted liposuction (or PAL). In the SAL procedure, a vacuum pump is used to remove the fat from the surrounding tissue. In the PAL procedure, fat is removed with the assistance of an oscillating motor. In some cases, the liposuction process is assisted by ultrasound.

In both the power-assisted liposuction and suction assisted liposuction methods, a hollow tube is inserted into the fatty tissue and is moved around to loosen fat from the tissue surrounding it. Modern liposuction procedures require very small incisions and minimal scarring.

Long-lasting results

Liposuction is an appealing option because the results are long lasting. Fat deposits that are removed do not typically grow back, except in cases such as significant weight gain or pregnancy.

Speedy recovery

Recovery from liposuction isn't very long compared to other surgical procedures, although full recovery may take up to several months depending on the location of the body and the amount of fat that was remove. Following the procedure, it is typically recommended that the patient restrict activity for about two weeks.

It's important to realize that liposuction removes only the fat from the area, not the skin. You may end up with sagging skin following the liposuction. To remedy that, you'll require a second procedure to tighten the skin.

The decision to have liposuction is one that should not be taken lightly. It is a surgical procedure, after all, and that brings with it inherent risks. The best idea is to consult with a qualified plastic surgeon who will answer all of your questions and address all of your concerns. Don't be afraid to ask questions and let your surgeon know any of the concerns you may have about the procedure. A good doctor will be patient and take the time to ensure you are making an informed decision. A good plastic surgeon should be willing also to discuss the risks with you so that you can weigh the pros and cons of the procedure before making any decisions.

One of the biggest concerns many people have about liposuction is that the procedure has to be done under general anaesthetic, or while they are "asleep." Many people are afraid of being put under general anaesthetic. Although it is generally safe to be put under general anaesthetic, there are risks inherent with it. Not everyone is a good candidate for general anaesthetic, depending on their overall health, allergies, existing heart conditions and other considerations.

Fortunately, at places like Lipo Center, there is another option for those who either can't or prefer not to be placed under general anaesthetic. They can perform the liposuction procedure under local anaesthetic instead. This minimizes risk because the patient is not sedated (only the area local to the procedure is numbed). If you are not comfortable with the idea of being sedated, this may be a

better option for you than general anaesthetic. Contact Lipo Center today to find out more information.

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