Types of Liposuction Procedures

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â€œBulgeâ€•!! A very short word though but it comes with a damaging connotation. A word which haunts budding teenagers, housewives and even the hugely successful career oriented women, as well as men. A one man army which can stand up to even months of painstaking workout routines, zero figure diets etc., without getting dislodged. But now with Liposuction technology, it can easily be managed.

This technology has completely transformed the body contouring field. That hour glass, svelte, breathtakingly alluring frame is very much realizable now.

Nevertheless, one must never go for this procedure unthinkingly. Before opting for this procedure, note that Liposuction is principally a figure correcting methodology, so if you are meaning to shed off only those additional pounds, pause and reconsider. This is best suited for those people who have wobbly skin post an excessive weight loss/gain and a loose abdomen after child birth. Liposuction brings out the best results on the obstinate fat which is defiant to diet modifications and even regular workouts.

TYPES OF LIPOSUCTION PROCEDURES

A lot of Liposuction techniques have been developed because of its huge success rate, some of these are:

â€¢ Traditional or Dry Liposuction: This technique required the use of general anesthesia and used to result in excessive bleeding, so no longer used now. Here the fat was not injected with the injections of local anesthesia prior to the procedure, hence the name â€œDryâ€•.

â€¢ Wet Liposuction: This is a wet method as the site is injected with a fluid containing an anesthetic and some adrenaline to reduce the trauma and blood loss, substantially.

â€¢ Super Wet Liposuction: This kind of liposuction also utilizes general anesthesia. The superwet technique makes use of a larger injection of a solution than the "wet" method It is used where high fat deposits have to be dislodged

â€¢ Tumescent Liposuction: In this technique, an extremely huge amount of fluid containing dilute saline Lidocaine (local anesthetic) and epinephrine (vasoconstrictor which thwarts the blood loss by constricting the blood vessels) is infused in the body from where the adipose tissue needs to be moved.

â€¢ Ultrasound Assisted Liposuction: In ultrasound-assisted liposuction, ultrasonic energy is employed to melt the fat, following which it is isolated from the body.

â€¢ Superficial Syringe Liposuction: Here a syringe is used instead of vaccum to suck out the fat. It is suitable for the fat that is just underneath the skin.

Recovery

Liposuction is an outpatient method and healing is usually swift. A person can get back to work within a few days and perform regular activities within about two to three weeks. One can expect bruising, inflammation and tenderness for a least a few days. Nevertheless, each person's result will

differ based on factors such as quantity of fat cells removed and the site of fat removal. The surgeon must discuss with the patient about the expected results and how to best sustain the new body shape.

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