

## **Liposuction**

Liposuction is a surgical procedure that uses a suction technique to remove fat from specific areas of the body, such as the abdomen, hips, thighs, buttocks, arms or neck.

Liposuction also shapes (contours) these areas. Other names for liposuction include lipoplasty and body contouring.

Liposuction isn't typically considered an overall weight-loss method or a

weight-loss alternative. If you're overweight, you're likely to lose more weight through diet and exercise or through bariatric procedures — such as gastric bypass surgery — than you would with liposuction.

You may be a candidate for liposuction if you have too much body fat in specific spots but otherwise have a stable body weight.



# Why it is Done

Liposuction is used to remove fat from areas of the body that haven't responded to diet and exercise, such as the:

- Abdomen
- Upper arms
- Buttocks
- Calves and ankles
- Chest and back
- Hips and thighs

- Chin and neck

In addition, liposuction can sometimes be used for breast reduction or treatment of gynecomastia.

When you gain weight, fat cells increase in size and volume. In turn, liposuction reduces the number of fat cells in a specific area. The amount of fat removed depends on the appearance of the area and the volume of fat. The resulting

contour changes are generally permanent — as long as your weight remains stable.

After liposuction, the skin molds itself to the new contours of the treated areas. If you have good skin tone and elasticity, the skin is likely to appear smooth. If your skin is thin with poor elasticity, however, the skin in the treated areas may appear loose.

Liposuction doesn't improve cellulite dimpling or other skin surface irregularities. Likewise, liposuction doesn't remove stretch marks.

To be a candidate for liposuction, you must be in good health without conditions that could complicate surgery — such as restricted blood flow, coronary artery disease, diabetes or a weak immune system.

