

## Liposuction: Your Safety and Choices

It is disheartening to work hard to achieve weight loss or fitness goals and still have to contend with fat deposits that just won't go away. Liposuction is a procedure that is designed to address this problem, by removing the fat and helping you achieve your desired body shape. It works best for people in reasonably good shape, but who have areas of their body that are out of proportion to the rest, or that always look "full."

### What is Liposuction and What Can it Do for Me?

Liposuction is a plastic surgery procedure that involves removing fat deposits that just don't seem to respond to the traditional methods of diet and exercise. It is sometimes called liposculpture. It is a surgical procedure, and that means that the safest way to have Beverly Hills liposculpture done is to choose a plastic surgeon who is experienced in the procedure. This is an important point, as this is a medical procedure that can be legally performed by a variety of medical doctors, not just plastic surgeons.

Depending on the amount of fat to be removed, a local or general anesthetic can be used during the procedure to keep you comfortable and prevent pain. During the lipo procedure, a hollow tube, called a canula, is used to suck out the fat, which – depending on the specific type of liposuction performed – can be either scraped and dislodged, or liquefied. The most common liposuction procedures in use today use the tumescent liposuction method, in which liquid is infused as part of the procedure. This liquid serves to loosen the fat, and has a local anesthetic to prevent pain as well as a medicine to prevent bleeding.

There will be some swelling afterwards. Typically, bandages or special clothing items that are designed to apply sufficient pressure are used to help keep swelling and bruising to a minimum. The full results of the procedure will not be apparent until the healing process is completed. The amount of time that it takes for the body to heal depends on the type of liposuction performed, the volume of fat removed, and the area of the body where it is performed. There will be small scars remaining afterwards at the entrance points of the canula, but with time these generally heal to the point of being very hard to see.

Liposuction is a remarkable procedure and very effective at removing fat deposits. However, just like all procedures it is important to have realistic expectations concerning what it can accomplish. Body contouring and shaping also has to do with the elasticity of the skin in the area, not just the removal of fat via liposuction. Make sure to thoroughly discuss this with your plastic surgeon. You need to have an accurate understanding of what your expected outcome will be before you have liposuction done, and remember, it is not meant to be used as a substitute for weight loss.

### Who Should Perform My Liposuction?

[Beverly Hills liposuction](#) is a procedure that is best performed by an experienced plastic surgeon who specializes in the procedure. That is your safest choice and the choice that will best ensure that you are satisfied with the results of your liposuction. It is legal and possible for other medical professionals to perform liposuction. However, choosing a surgeon with experience and education in your specific procedure is the safest option as you consider the procedure.

Your surgeon should do the procedure in a real operating room, in a surgery center that has been inspected and certified by the government. This will provide the highest level of safety and also allow you to achieve the best cosmetic result. It will provide a sterile environment to help minimize the risk of infection, among many other necessary benefits. Prior to scheduling the procedure, confirm with your plastic surgeon where your liposuction will be performed. Skill and cleanliness are essential to good results and proper, infection-free healing. This is just as true of liposuction as it is for other plastic surgery procedures done by a [Los Angeles plastic surgeon](#).

Choosing the right surgeon for the job, and having realistic expectations, will directly impact your satisfaction with the results of a liposuction procedure. When performed by a reputable, experienced professional, liposuction is a wonderful way to deal with the stubborn fat deposits that interfere with your desired body shape.

## About the Author

Lloyd M. Krieger, MD is a plastic surgeon and founder of Rodeo Drive Plastic Surgery in Beverly Hills, California. More information is available on [Beverly Hills liposuction](#) and the work of this [Los Angeles plastic surgeon](#).