



## Liposuction



### Overview

This surgery removes unwanted fat cells from your body. It's not meant to be a weight loss technique. But it can change the look of specific parts of your body.

### Why it's done

Why choose liposuction? Well, for some, it's a great way to shape areas that don't seem to respond to diet and exercise. Liposuction targets flabby areas. It can help sculpt and define things like your tummy, chin, arms and thighs. It can make you feel better about the way you look.

### Techniques

There are a few different ways to do liposuction. With the most common method, a sterile solution is injected into the target area. It makes fat cells swell and stiffen. Then, openings are made in your skin, and a suction device is inserted to remove fat cells. Other methods involve ultrasound, laser light and vibration devices.

### Conclusion

After liposuction, you may have pain, swelling and bruising. But as you heal, you'll notice a gradual change. The treated area will look leaner. Generally, this change is long lasting. Talk to your doctor for more information.