



IT'S THAT TIME OF YEAR AGAIN.  
*Soon after the ball drops and the clock strikes midnight, we start off the New Year with*  
 A LIST OF THINGS TO CHANGE  
*or do that will make our lives more*  
 ENRICHING, PURPOSEFUL,  
 PRODUCTIVE, OR JUST MORE FUN.

# liposuction

*If losing those unwanted inches is one of your resolutions, then exercise and a healthy diet are the first steps in reaching that goal. However, if after all of that, you find that you still have a few too many curves then liposuction can be an alternative for you.*

Of the top most popular cosmetic surgeries, Liposuction ranks number one with over 325,000 procedures completed in 2004. Rhinoplasty (nose-re-shaping) and breast augmentation surgeries are second and third with 305,000 and 294,000 procedures performed last year. Liposuction is surgical procedure in which the body can be sculpted by removing disproportionate areas of fullness caused by localized fatty deposits. These areas of excess can often be resistant to the effects of diet and exercise and can even be part of one's heredity.

The fatty tissue beneath the skin is removed by the use of long thin instruments called "cannulas" which are connected to a suction device. The cannulas are then pushed and pulled through the fat layer, breaking up the fat cells and removing their contents. The incisions are small and strategically placed to keep them as inconspicuous as possible. After the fatty layer is removed then the skin will re-drape over the area. As the body heals, the skin retracts to maintain the new contours. Patients will often be placed in a special garment, much like a girdle, to facilitate this process.

There are several techniques for liposuction, but most surgeons employ the use of a "wetting solution" which is made up of adrenaline and a local anesthetic such as lidocaine. This solution is infused into the tissue prior to the fat being removed. The wetting solution allows the fat to be more easily

removed and can decrease post-operative discomfort and bruising.

*Frequently treated areas of the body, include the cheeks, neck and chin, upper arms, breasts, back, abdomen, hips, thighs and knees. The ideal candidates are within 30% of their ideal body weight and have good skin tone. Men and women can both benefit from the procedure.* The amount of tissue that will be removed depends on the individual needs; the greater the amount of tissue to be removed, the longer the procedure and the recovery will take.

Initially, the treated area may be swollen and even appear larger than before. As the swelling resolves over the first few days, the re-contoured body will emerge. The result may take six to twelve weeks or longer to be final.

Although liposuction is an elective procedure, it still has potential risks and complications associated with any surgery. It is important to discuss your medical history and your goals with your doctor. A credentialed physician who has extensive training and experience in body contouring techniques should perform the procedure. The surgery should also be performed in an accredited surgical facility to ensure the safest and most successful results. ●

*Liposuction is an adjunct to exercise and healthy eating and is not meant to replace either. Weight gains after liposuction may affect the surgical outcome. So don't give up on your resolutions, just find new ways to reach them.*